

REDBOOK

**45 hot
& sweet
things to
try with
your guy**

The **5** outfits
that look
sexy on
everyone

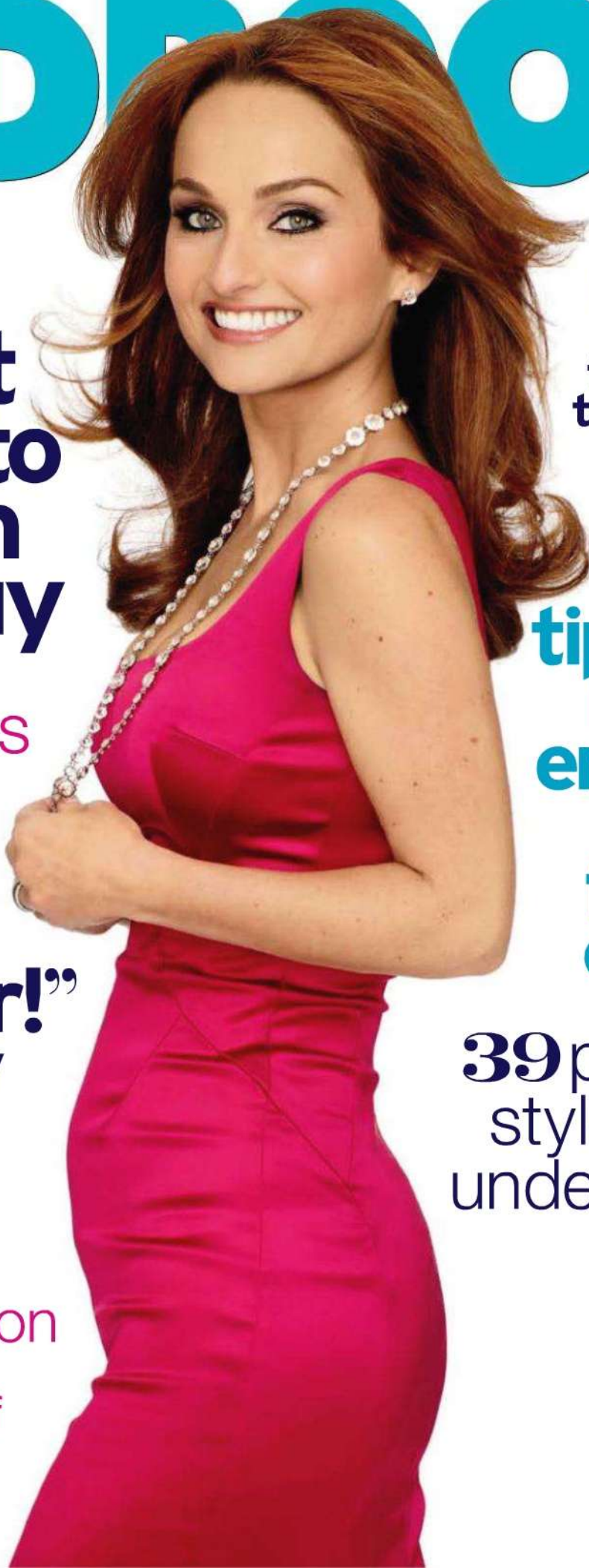
**“Nice hair!”
Get healthy
and shiny
without
the hassle**

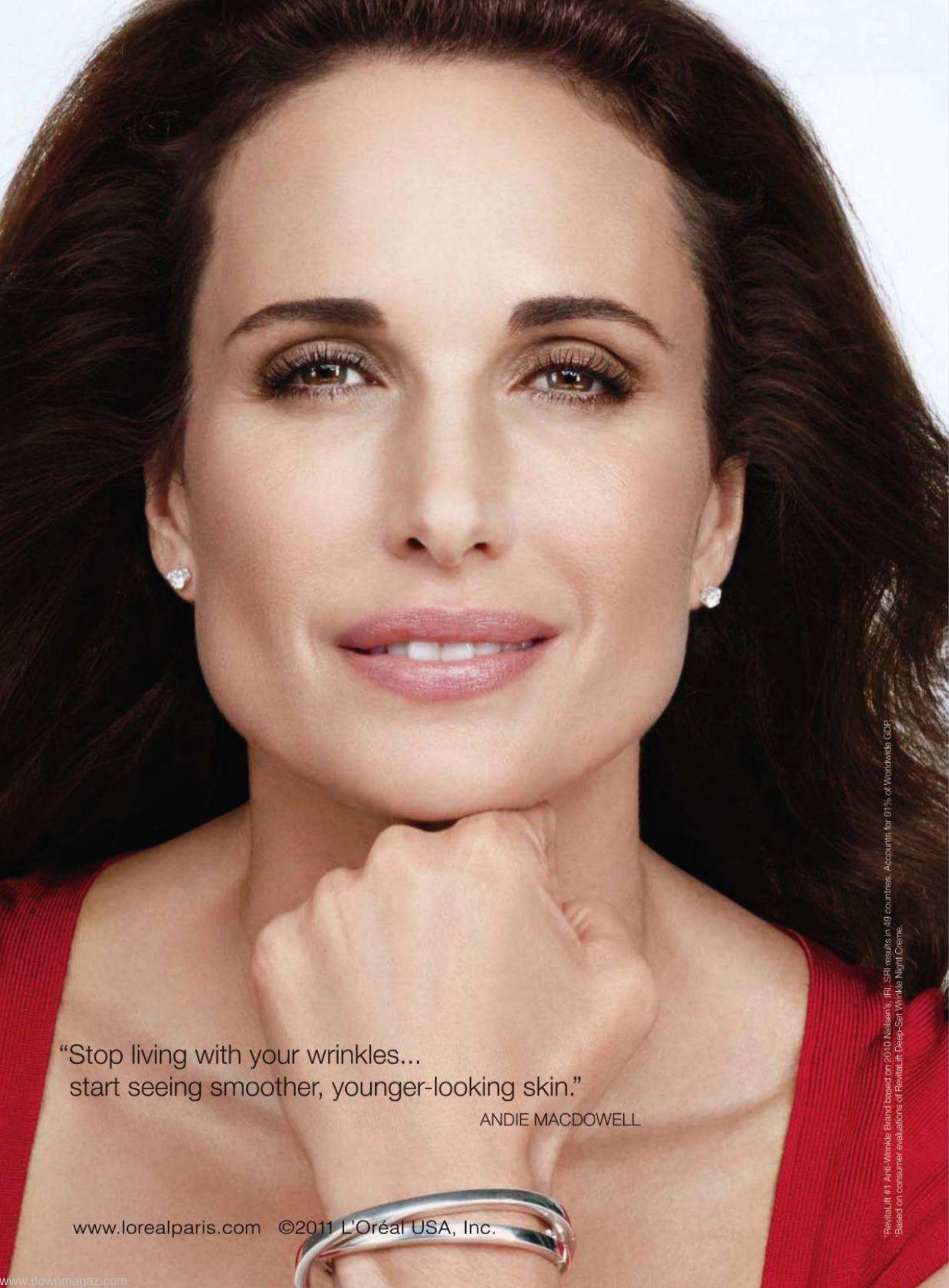
Bedbug Nation
Ewww! How to
keep them out of
your house

Giada
on men,
trust, and
tabloid lies

16
tips for
more
energy
(and
fewer
colds)

39 perfect
style finds
under **\$20**





"Stop living with your wrinkles...
start seeing smoother, younger-looking skin."

ANDIE MACDOWELL

www.lorealparis.com ©2011 L'Oréal USA, Inc.

*Revitalift #1 Anti-Wrinkle Brand based on 2010 Nielsen's JRI, SRI results in 49 countries. Accounts for 01% of Worldwide GDP.
†Based on consumer evaluations of Revitalift Deep-Serum Wrinkle Night Creme.

Give us 8 weeks, you'll see clinical results on DEEP-SET WRINKLES.

REVITALIFT®

DEEP-SET WRINKLE REPAIR

THE WORLD'S #1 ANTI-WRINKLE BRAND*



DAY

WINNER
BEST NIGHT CREAM



EYE

NIGHT

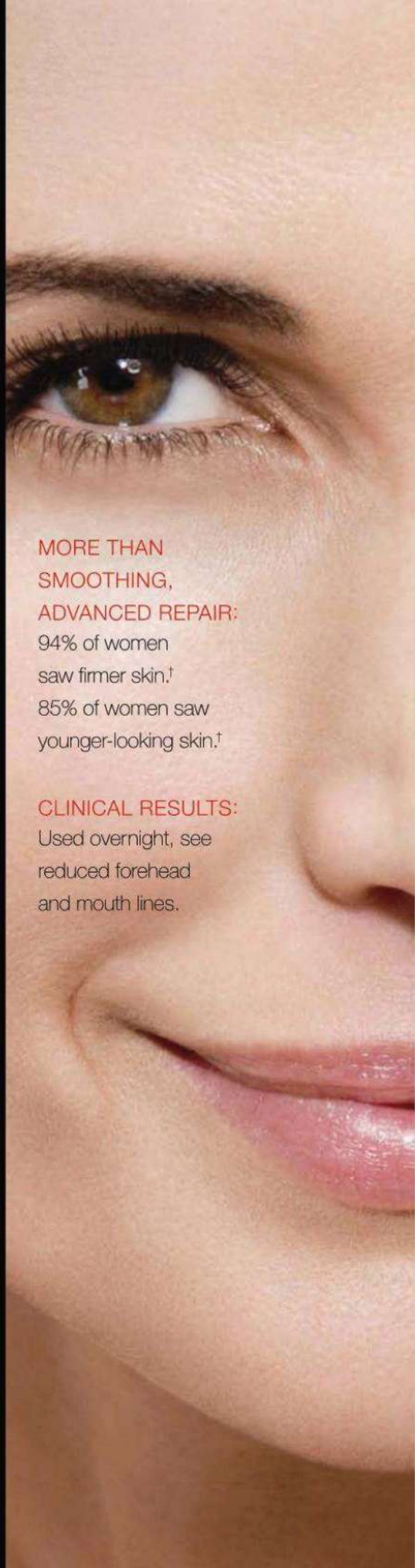
Because you're worth it.™

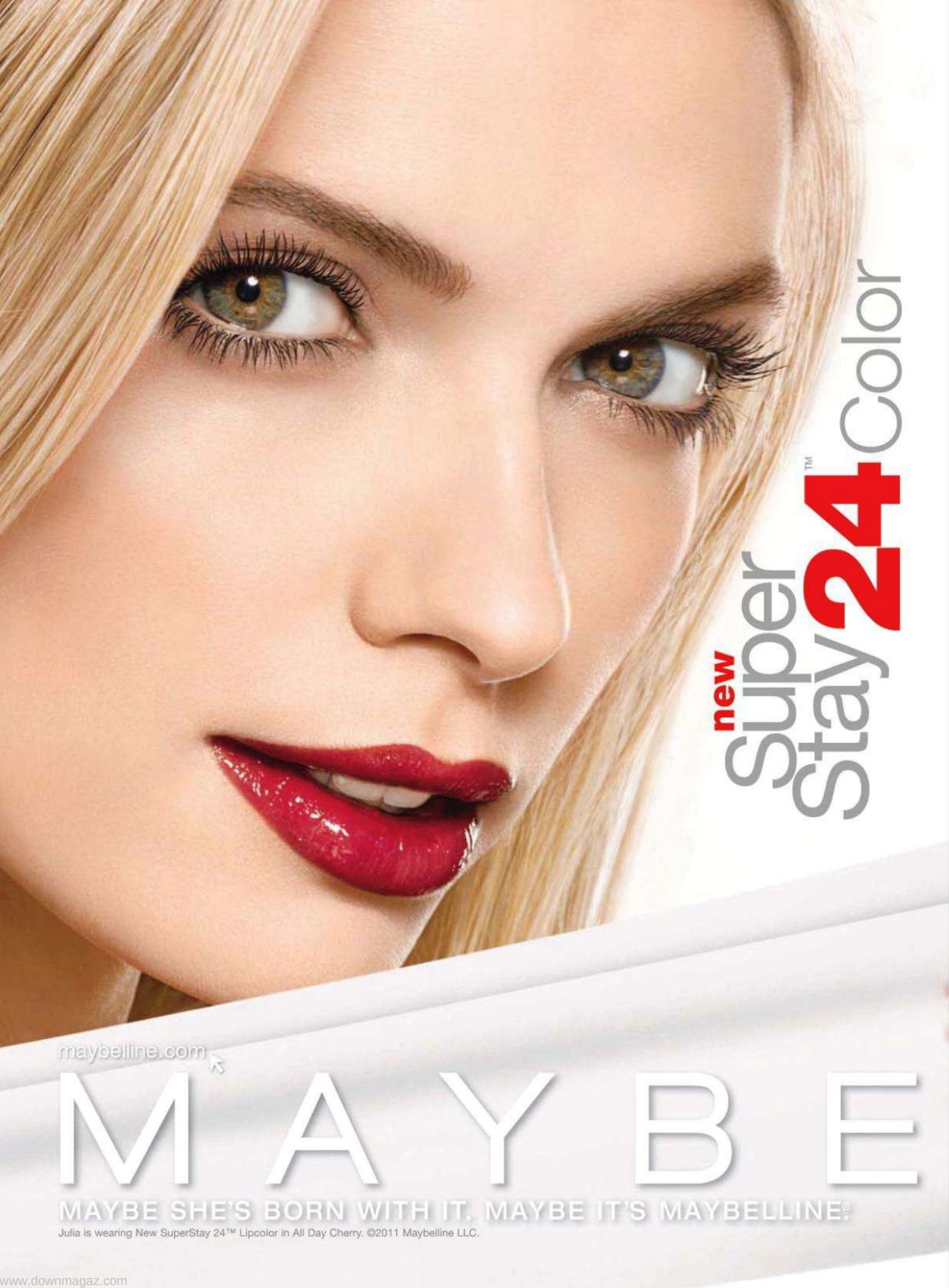
L'ORÉAL®

PARIS

MORE THAN
SMOOTHING,
ADVANCED REPAIR:
94% of women
saw firmer skin.†
85% of women saw
younger-looking skin.†

CLINICAL RESULTS:
Used overnight, see
reduced forehead
and mouth lines.





new
Super
StayTM 24 Color

maybelline.com

MAYBE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.®

Julia is wearing New SuperStay 24™ Lipcolor in All Day Cherry. ©2011 Maybelline LLC.

A close-up of a Sharp Super Stay 24 Color marker. The marker has a red cap and a white body. The text "Super Stay" is printed in black, "24" is in large red numbers, and "Color" is in red script. A silver band with "SHARP" and "JAPAN" is visible near the tip.

**NO OTHER LONGWEAR
LASTS LONGER.
PERIOD.**



Available in 30 shades.

DRAMATIZATION

WITHOUT MICRO-FLEX

WITH MICRO-FLEX

LINE[®]

NEW YORK

A black and white photograph of Giada De Laurentiis smiling broadly, holding a fork with spaghetti in her mouth. She is wearing a dark-colored top. The background is a soft, out-of-focus light color.

Giada
DE LAURENTIIS™
— FOR TARGET® —

©2011 Target Stores. The Bullseye Design and Target are registered trademarks of Target Brands, Inc. All rights reserved. 100337

PROFESSIONAL QUALITY AT A PRICE
YOU CAN'T RESIST.

COOKING FOR THE ONE YOU LOVE? FIND GIADA'S RECIPES AT TARGET.COM/GIADA.





ONE DROP

INSTANTLY IMPROVES SKIN QUALITY



ONE WEEK

SKIN BEGINS TO LOOK YOUNGER



ONE MONTH

REVEAL THE NEW YOUTH OF YOUR SKIN**

NOW, CRACK THE CODE
TO YOUNGER ACTING SKIN.

NEW

YOUTH CODE™

Youth Regenerating Skincare



10 YEARS OF GENE RESEARCH
INTERNATIONAL PATENT

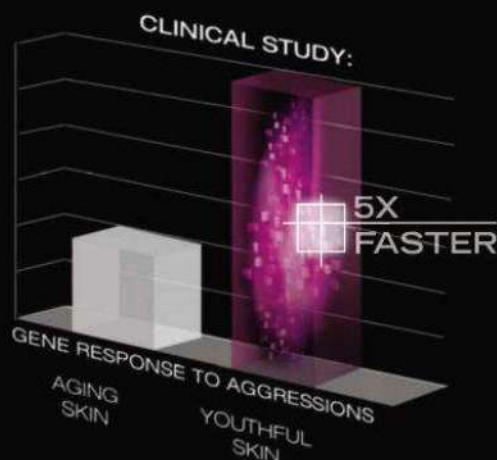
Because you're worth it™

L'ORÉAL®

PARIS

THE NEW ERA OF SKINCARE: GENE SCIENCE.

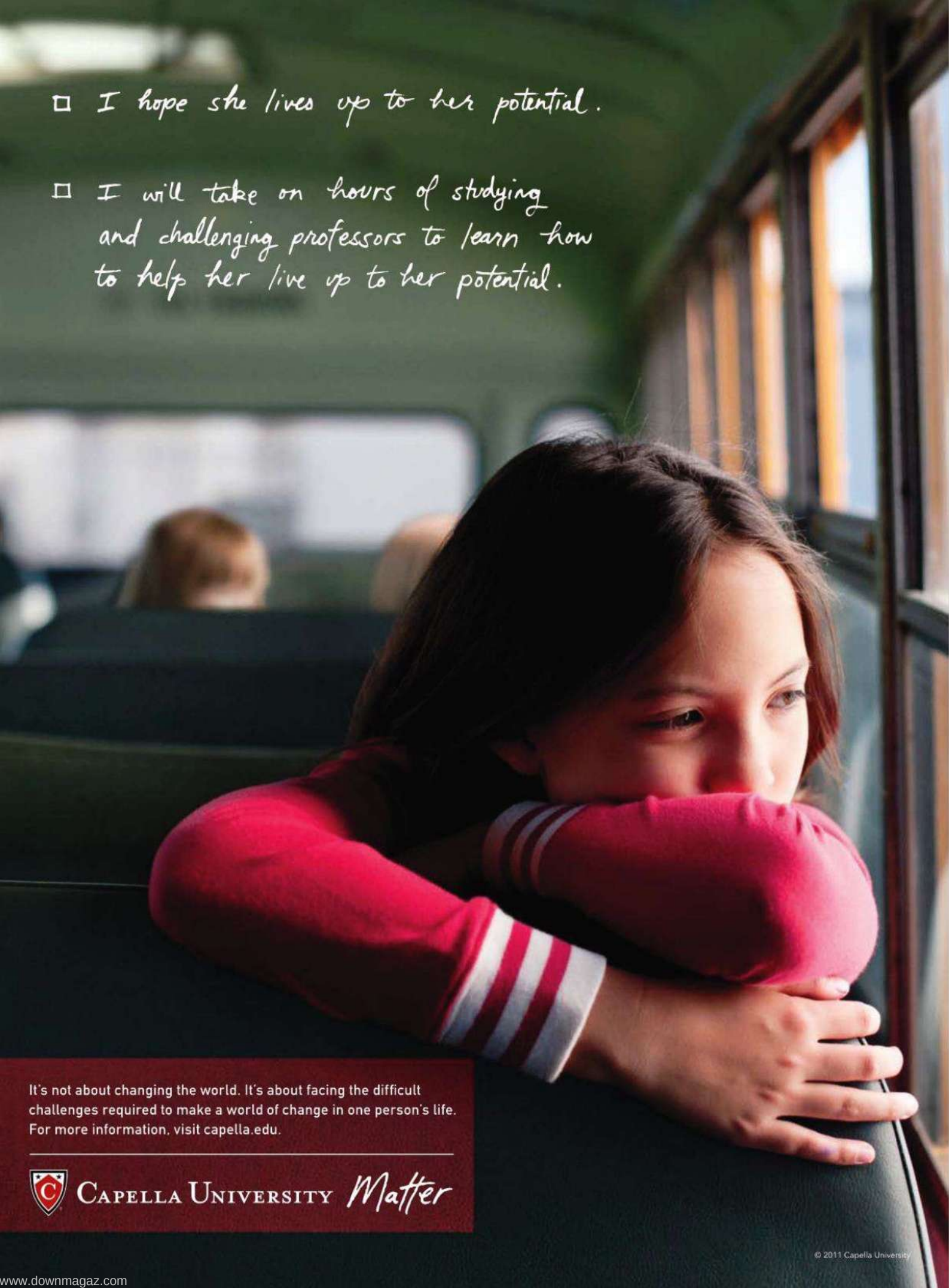
Imagine, what if you could grow young? Every great discovery begins by pushing the boundaries of science. After 10 years of research, now we know that recovery genes in youthful skin respond 5x faster to aggressions than aging skin does. So even though you can't grow young, we now have the knowledge to help you begin cracking the code to younger acting skin.



A dramatic new possibility against the signs of aging:
L'Oréal introduces Youth Regenerating Skincare: New Youth Code Serum Intense with GenActiv Technology.™ Designed to help increase skin's ability to recover faster from aggressions more like it did when it was younger.* With Youth Code, now you can instantly improve skin quality while revealing the new youth of your skin.**

Discover all of the Youth Code products and learn more about gene science:
LOREALPARIS.COM/YOUTHCODE

*Based on in-vitro testing **Skin is more youthful looking
©2011 L'Oréal USA, Inc.

- 
- *I hope she lives up to her potential.*
 - *I will take on hours of studying and challenging professors to learn how to help her live up to her potential.*

It's not about changing the world. It's about facing the difficult challenges required to make a world of change in one person's life. For more information, visit capella.edu.



CAPELLA UNIVERSITY *Matter*

CONTENTS

FEBRUARY 2011



142 Are you a pink or a red? Pick your shade and pucker up.

WHAT TO WEAR

41 TREND WITH BENEFITS Modern lace pieces—so pretty *and* so sexy.

46 DRESS CODE Designer Tracy Reese on how to set a mood with your style.

48 START HERE One cozy sweater dress, five hot looks.

50 WHAT WOULD VICTORIA BECKHAM DO? Bring out your inner Posh!

BEAUTY & HEALTH

53 ALL THE TRICKS FOR... Getting perfect at-home haircolor. (No joke!)

56 PRETTY SMART Beauty finds that will fix anything.

58 BEAUTY CALL Dewy-fresh face, supersoft hands.

60 BEAUTY CONFESSIONS The deep scoop on all your pressing superficial issues.

62 Q & TRIPLE A Pro tips to perk up post-baby boobs.

65 HEALTHY YOU/GUY/KIDS Ways to get through the winter healthier *and* happier.

73 LAZY WOMAN'S FITNESS Massage for flatter abs? Yes!

74 INTIMATE ANSWERS STDs, quickies... Hilda Hutcherson, M.D., tells all.

76 BEDBUG NATION! Women who survived the critters on how to keep them out of *your* house.

MEN, LOVE & FAMILY

83 TELL THE TRUTH: Who initiates more in bed?

84 LOVE BUZZ Get out your phone and start sexting!

86 WEIRD, AWKWARD, ROMANTIC MOMENTS Real stories so cute we printed 'em.

92 VOWS 2.0 We promise...

94 MANIFESTO Ashton Kutcher gets serious, for once.

98 WHYS GUY Ahem! Aaron Traister on why your guy is craving some attention.



34 A pretty green leaf for your tabletop.

On the cover

Finds under \$20 **31**
(and more throughout the issue)

Get shiny, healthy hair **53**

Energy tips **65, 172**

Bedbug nation **76**

Giada De Laurentiis **130**

5 sexy outfits **136**

Hot & sweet things to try with your guy **148**



Giada De Laurentiis photographed exclusively for REDBOOK by Andrew Macpherson. Hair: Rob Talty using René Furterer at themagnetagency.com. Makeup: Monika Blunder for The Wall Group. Manicure: Carla Kay for CloutierRemix. Stylists: Kemal + Karla for The Wall Group. Dress: Dolce & Gabbana. Necklace: House of Lavande. Get Giada's look with makeup by Giorgio Armani Beauty and hair care by Redken. Makeup: Eyes to Kill Palette #1. Eyes to Kill Excess Mascara. Smooth Silk Eye Pencil #12. Luminous Silk Foundation #5.5. Sheer Blush #3. Rouge d'Armani Lipstick #511. Lip Shimmer Lip Gloss #1. Hair: Redken Aerate 08 Bodifying Cream-Mousse. Fashion Work 12 Versatile Working Spray.

COVERGIRL®

DANIA RAMIREZ



2 steps to a 3-D lip look.

outlast lipstain + shineblast color and shine highly defined

Start with a flush of lasting color from Outlast Lipstain. Add depth with the glossy shimmer of Shineblast. Do it with two of lipwear's most precise applicators, and ta-da, luscious lips with dimension.

Dania gets dimensional with Outlast Lipstain in Saucy Plum and Shineblast Lipgloss in Gleam.
easy breezy beautiful COVERGIRL.



CONTENTS

FEBRUARY 2011

103 IT'S COMPLICATED
The Karen Karbo Q&A.

104 LITTLE GIRLS GONE
WILD Why our daughters act
too sexy, too soon.

108 MY BIGGEST FAN
Jennifer Grey interviewed by
her daughter Stella, 9.

MAKE IT WORK

117 IT'S 6 P.M. Come home
and kick back—instantly.

118 HAVE A SANE DAY
Save time at the doc's office.

120 ONE CRAZY, HAPPY
LIFE The Saints' Drew Brees
huddles up with his family.

122 KEEP A HOMELESS
FAMILY WARM THIS WINTER
Six ways *you* can help.

125 SMART ABOUT
MONEY Financial date night!

126 NOW... RELAX The
trip you owe to your marriage,
plus movies, books, and more.

FEATURES

130 GIADA HEATS
THINGS UP She gets honest—
and cooks a romantic meal for
a deserving real-life couple.

136 HIS KIND OF FASHION
STORY What does your guy
secretly hope you'll wear? This!

142 PINK VS. RED Find
your perfect kiss-me shade.

148 REDBOOK'S SEX
SUGGESTION BOX Men tell us
exactly what they want to try.

152 DREAM ROOM Make
your bedroom *this* inviting.

GOOD TO EAT

157 A ROMANTIC DINNER
I/N Giada's for-you-two menu.

164 LOOK, COOK, EAT!
Quick chicken-sausage meals.

168 RESTAURANT REDO
Chili's Boneless Buffalo Wings.

65 Fun pet,
healthy kid—
and too much
cuteness
to handle!



170 JUST DESSERTS
A V-Day treat for your kids.

172 100% GOOD FOR YOU
Crazy-delish brownies, plus
what to munch at the movies.

176 WHAT I KNOW ABOUT
FOOD Step into the Obamas'
kitchen with Cris Comerford.

14 EDITOR'S NOTEBOOK

16 REDBOOK ONLINE

22 REPLY ALL

25 SPILL, VENT, GOSSIP, GO!

31 50 UNDER \$50

38 FREEBIES!

178 SHOP THE ISSUE

180 EASY WAY OUT



42 Lace
heels lookin'
for a hot
night out.

31 Yes, it's under
\$50... and yes, it's
gorgeous.

56 Get
post-work
pretty in a
snap.

Kiss **5% cash back** hello.



GET 5% CASH BACK on up to \$1,500 in eligible purchases at drugstores and grocery stores this January through March 2011 when you use Chase Freedom®. Enjoy new cash back categories every three months. Plus, get 1% cash back on all your other Freedom purchases. **Activate your 5% cash back today at chase.com/freedom**

CHASE WHAT MATTERS™

CHASE 

Chase Freedom credit cards are issued by Chase Bank USA, N.A. Restrictions and limitations apply. © 2010 JPMorgan Chase & Co. All rights reserved.

4 secrets of our February issue

In honor of Valentine's Day, we did something unusual at REDBOOK this month. We called a cease-fire on man-bashing. Yes, we suspended the husband-teasing, dad-critiquing ventathalon for an entire issue and admitted something basic: We really like the men in our lives. In fact, we kind of adore our husbands and marvel at all they do as fathers (just read the rave review Zak Miller, our Hot Husband of the Month, gets from his wife on page 16). And while we editors often write in the margins of stories, "Yuck—too man-pleasing" as shorthand for anything that feels dopily pandering or subservient, we *do* enjoy pleasing the men we love. Our cover star, Giada De Laurentiis, puts it right out there when she says: "All men want to be treated like kings in a relationship. It's simple. It's not brain surgery." Of course, you can't always indulge your partner, and if he doesn't indulge you back, you shouldn't! But if your guy is deserving, this issue will help you show him the love. There's a fashion story full of clothes that will thrill—rather than confuse—him (page 136), a sex suggestion box stuffed with things to try in bed (see right), and Giada's Valentine's Day menu if you want to take the stomach route to his heart (page 157). We had a blast putting these features together, as our February insider secrets show. Hey, maybe the cease-fire will hold!



Jill
Jill Herzog, Editor-in-Chief
Redbooked@hearst.com



SECRET #4 WE THANK OUR READERS!

REDBOOK relies on our reader panel for feedback, product testing, you name it. It's a big job, so we gifted four of our best responders with a luxe beauty gift basket. Join at redbookmag.com/readerpanel and you could score some lovely little surprises too.

SECRET #3

Giada is a cover angel

She went all-out for our newly reunited military couple (below and page 134), cooking them an incredible meal in the Los Angeles dream house where their date took place. Meanwhile, her cover shoot happened in the garage!

When Capt. Gary Scullin flew into his family's arms at the airport, they cried, our writer cried, and everyone at baggage claim cried!



Glam in the garage.



YOU CAN LOOK THIS SEXY (FOR LESS)



Dress, \$138; donnaricco.com.
Necklace, \$10.80; Forever 21.



SECRET #1

Our models are moms

Many of the gorgeous women you see on our pages have kids, including Shannon Shultz. "His Kind of Fashion Story" (page 136) was her first modeling job after having twin boys, Rex and Walker. "It was a little scary, but everyone at REDBOOK was super-supportive and made the leap back in front of the camera fun," she says. And the tiny remnant of her baby bump couldn't be cuter!



SECRET #2

Men talk to... BOXES

We took this kooky-looking suggestion box around the country, and as soon as men saw it, they scribbled away. The old-school charm of dropping a card in a slot helped them open up; find the surprisingly sweet results on page 148.

The difference
between dry skin



and divine skin.

**INSTANTLY DOUBLES HYDRATION
FOR VISIBLY HEALTHIER SKIN.**

Jergens® Ultra Healing® lotion's intensive moisture heals dryness at its source. In a clinical study, 100% of women saw visibly moisturized, smoother skin.

Jergens®. The Beautiful Difference.

redbookmag.com

FEBRUARY'S CLICK LIST

Secret "I want you now" codes

● redbookmag.com/sexcodes



What do couples tell each other in public when they want to get it on? We took to the streets to ask and taped the whole thing. Watch it—you'll feel way less silly next time you murmur, "Change into your wellies."

Sex or dessert—how about both?

● redbookmag.com/chocolatetreats



Sure, lingerie is hot. Know what else is hot? Chocolate fondue. Melt his heart this month with tarts, cakes, cookies... the works. Or forget him and just whip 'em up for yourself. Mmm.

The best (cheap!) dates

● redbookmag.com/datenight



Steal one of our free (or pretty darn close) ideas, whether you want to get naughty—*hey, Hon, strip poker?*—or have G-rated plans. We've even got dinner and a movie down to five bucks. You're welcome.

Okay, let's hear it



What are you *really* hoping for this Valentine's Day? Tell us and other readers at twitter.com/redbookmag, or chime in at facebook.com/redbook.

WIN FREE FLOWERS, EVERY DAY

It's that time of year—the one where your guy (bless his clueless heart) comes home with drugstore roses so cheesy they're cute. But if you want a more... *sophisticated* bouquet, we're giving away a fresh, gorgeous arrangement from 1-800-FLOWERS.com every day in February. And one winner will get a year's worth of free blooms!



REDBOOK'S HOT HUSBAND OF THE MONTH

Name: Zak Miller, 36, Dacula, GA

Job: Security sales representative

Family: Married 11 years; father to Madison, 9, and Kendal, 6

Zak kinda looks like that volleyball stud you knew in college, so it's no shocker that he and his wife, Suzanne, met playing in a volleyball match in, yes, college. (For the record, Suz has a pretty fierce serve of her own!) More than a decade later, she still gets that crazy giddy feeling when Zak walks into a room—or onto a court—especially when she sees him with their daughters. "He always makes it to their field days, and our youngest loves watching football with him," says Suzanne, "though he has no problem painting their nails, either." She also says Zak is over-the-top handy around the house: "On my way out the door once, I mentioned that we should paint the living room. When I came home, it was done!" And he knows how to pull off a so-sweet-we-can't-stand-it surprise: "Even though we had a no-presents pact one holiday season, he got me a signed Florida Gators football. I'm a die-hard fan, so it was perfect."

Want to see your guy in this spot? Tell us all about him at redbookmag/hothusband—and enter to win our America's Hottest Husband contest.



cling to mirror

how healthy works.

alli is the only over-the-counter weight loss aid with FDA approval, unlike many dizzying pills in the diet category. It simply blocks about 25% of the fat you eat from being absorbed, without being a stimulant or appetite suppressant. That means, when you put in the hard work to lose two pounds by eating right and exercising, alli can help you lose one more extra pound. Plus alli's free personalized online support plan will provide you with expert nutrition advice, tools and support proven to help increase your success in losing weight.

alli is for overweight adults. alli works with a reduced calorie low fat diet. Use as directed.
©2010 GlaxoSmithKline Consumer Healthcare, LP

For more information visit www.myalli.com

alli How healthy works



The makers of **alli** believe in creating a healthier world through eating right and exercising. Take charge of your life starting today.

chart daily goals

Simply fill in your own personal daily goals below to help keep you motivated and you'll be on the road to a better you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

healthy hints

• take 15 minute breaks

Eating more slowly can give your stomach the time it needs to relay your fullness status to your brain.

• arm yourself with healthy snacks

Low-fat foods, like fresh fruit, fat-free pudding cups, and low-fat crackers, will keep you from getting too hungry and are a great way to stay satisfied in between meals.

• taking a stroll is exercise

You don't have to join a gym or train for a marathon to get the benefits of physical activity. You just need to do more of the physical activities you already enjoy.

• stay in motion

try to get some physical activity three times a week for at least 20 minutes each time. Staying in motion results in burning more calories, improving your metabolism and relieving stress.

alli How healthy works



The FDA has approved one, and only one.

alli is the only over-the-counter weight loss aid with FDA approval, unlike the many dizzying pills in the diet category. Used by millions to lose weight safely, alli works in your digestive tract and doesn't affect your head or heart. It simply blocks about 25% of the fat you eat from being absorbed, without being a stimulant or appetite suppressant. That means, when you put in the hard work to lose two pounds by eating right and exercising, alli can actually help you lose one more extra pound. Plus, alli's free personalized online support plan was developed with scientifically proven tools to help you achieve and maintain a healthier weight.

alli how healthy works
myalli.com

Among OTC weight loss products alli (Orlistat 60mg) is for overweight adults. Use as directed. alli works with a reduced calorie low fat diet.
©2011 GlaxoSmithKline Consumer Healthcare, LP

Fighting for:



all the things that make air worth breathing.



The American Lung Association is fighting for a day when we can all breathe easier. When every child's lungs are healthy and strong, and the air they breathe is safer. Until that day, we are fighting for air. Join the fight at FightingForAir.org.

 **AMERICAN
LUNG
ASSOCIATION®**
Fighting for Air



This month's **STAFF CHALLENGE:**
To let your *man* dress you for the day.
(See our inspiration on page 136.) The
outcome was surprisingly... chic!



REDBOOK

Editor-in-Chief Jill Herzig

CREATIVE DIRECTOR Holland Utley
EXECUTIVE EDITOR Meredith Rollins

MANAGING EDITOR Kim Cheney
DEPUTY EDITORS Sunny Sea Gold, Jennifer Tung
SPECIAL PROJECTS DIRECTOR Lori Berger

FASHION DIRECTOR Audrey Slater
BEAUTY DIRECTOR Cheryl Kramer Kaye
HEALTH DIRECTOR Erin Hobday
FOOD EDITOR Barbara Chemetz
ASSISTANT MANAGING EDITOR Megan Collins

SENIOR EDITORS Tiffany Blackstone,
Holly Hays, Caitlin Moscatello
BEAUTY EDITOR Krista Bennett DeMaio
ARTICLES EDITOR Jihan Thompson
FASHION EDITOR Cristina Desposito
ASSISTANT EDITORS Brittany Burke, Nicole Yorio

Art

ART DIRECTOR Katharine Van Itallie
DIGITAL IMAGING SPECIALIST Ralph Ruggiero
DEPUTY ART DIRECTOR Ridge Carpenter

Photography

PHOTO DIRECTOR Bruce Perez
PHOTO EDITOR Rosaliz Jimenez
ASSISTANT PHOTO EDITOR Dori Klotzman

Research & Copy

SENIOR RESEARCH EDITOR Lauren Oster
COPY EDITOR Laurel Leicht

Online

SENIOR WEB EDITOR Valerie Denny
WEB EDITOR Briana Mowrey
SOCIAL PROGRAMMING EDITOR Marissa Gold

CONTRIBUTING EDITORS

Alice Bradley, Alexis Givens (home),
Hilda Hutcherson, M.D., Karen Karbo, Beth Kobliner,
Lisa Lillien, Aaron Traister

For customer service regarding your subscription—
such as renewals, address changes, and account status—
go to service.redbookmag.com or write to
REDBOOK, P.O. Box 6000, Harlan, IA 51593.

VP/Publisher, Chief Revenue Officer Mary E. Morgan

ASSOCIATE PUBLISHER Chris McLoughlin
GENERAL MANAGER Elyssa H. Rubin

VICE PRESIDENT, GROUP CONSUMER MARKETING DIRECTOR Rick Day
EXECUTIVE DIRECTOR, INTEGRATED MARKETING Robyn Mait Levine
ADVERTISING SERVICES MANAGER Melissa Gart

Advertising Sales

NEW YORK (300 W. 57th St., New York, NY 10019; 212-649-3330)

NEW YORK DIRECTOR Andrew Weicker

SENIOR BEAUTY & CONSUMER PRODUCT DIRECTOR Katie Bohan
ACCOUNT DIRECTORS Jackie Bodner, Caroline Casey, Amy Smith
DIRECTOR, DIRECT RESPONSE Christine Hall
SENIOR ACCOUNT MANAGER, DIRECT RESPONSE Michael Rohr
EXECUTIVE ASSISTANT Kerianne Sullivan
INTEGRATION ASSOCIATE Chelsea Lajterman
CBS SUPERVISOR Ashley Packard

Branch Offices

MIDWEST DIRECTOR Katie Demetriou
MIDWEST ACCOUNT DIRECTORS Jennifer Furibondo, Laura Serge
INTEGRATION ASSOCIATE Heather Muth
(1 S. Wacker Drive, Chicago, IL 60606; 312-984-5180)
WESTERN DIRECTOR Erika Muhlfeld
INTEGRATION ASSOCIATE Ashley Andrews
(3000 Ocean Park Blvd., Santa Monica, CA 90405; 310-664-2960)
NORTHWEST REPRESENTATIVE Courtney Roberts
(921 Butterfield Road, San Anselmo, CA 94960; 415-524-8665)
DETROIT REPRESENTATIVES Colleen Maiorana, Joan Cullen
(415 S. West St., Suite 350, Royal Oak, MI 48067; 248-546-2222)
SOUTHEAST REPRESENTATIVE Sarah Wiley
(3340 Peachtree Road, Tower 100, Suite 1550, Atlanta, GA 30326; 404-256-3800)
SOUTHWEST REPRESENTATIVE Lucinda Weikel
(4217 Camden Ave., Dallas, TX 75206; 214-824-9008)

Creative Services

CREATIVE SERVICES DIRECTOR Alison Friedman
CREATIVE DIRECTOR Amy Dorf
ASSOCIATE PROMOTION DIRECTOR Lisa M. Iommarini
ASSOCIATE MERCHANDISING DIRECTOR Jane Winston
SENIOR MARKETING MANAGER Candie L. Patterson
SENIOR PROMOTION MANAGER Morgan Brooks
INTEGRATION MANAGER Joanne Ko
INTEGRATION ASSOCIATE Lauren Williams

Production

GROUP PRODUCTION DIRECTOR Karen Otto
GROUP PRODUCTION MANAGER Chris Hertwig
ASSOCIATE PRODUCTION MANAGER Tina S. Wilkinson

Research

RESEARCH MANAGER Tina Giberti

"He asked,
'Can you
explain the
difference
between
tights and
leggings?'
He went with
leggings,
a button-
down, and
a cardigan.
Not bad
at all!"
—CRISTINA

"My
husband
unknowingly
dressed
me in the
sweater my
mother-in-law
got me for
Christmas
last year.
Like mother,
like son?"
—NICOLE

"He wanted
comfy but
form-fitting
and chose a
soft purple
sweater,
jeans, and
tan boots.
Good work!"
—JOANNE

"He picked
black pants
and a striped
shirt and
said, 'Great.
Now you look
like me.'"
—LAUREN

Published by Hearst Communications, Inc., a unit of the Hearst Corporation

VICE CHAIRMAN AND CHIEF EXECUTIVE OFFICER Frank A. Bennack Jr.
CHAIRMAN George R. Hearst Jr.

Hearst Magazines Division

PRESIDENT David Carey
PRESIDENT, MARKETING AND PUBLISHING DIRECTOR Michael Clinton
EXECUTIVE VICE PRESIDENT AND GENERAL MANAGER John P. Loughlin
EDITORIAL DIRECTOR Ellen Levine
PUBLISHING CONSULTANTS Gilbert C. Maurer, Mark F. Miller

Sally Hansen®

5 Steps Of A Salon Manicure In 1 Bottle

complete **SALON** MANICURE™

Sally knows you're busy.
So skip the salon, **but get the results.**

With patented **Vita-Care Technology** for
advanced wear, more shine, and nourishing care.
Dare to compare to your favorite salon brand.

FIVE STEPS IN ONE BOTTLE

- Base Coat ✓
- Strengthenener ✓
- Growth Treatment ✓
- Color ✓
- Top Coat ✓

42 SALON-INSPIRED SHADES

Beauty that Works



Sally Knows Nails
For more go to
sallyhansen.com

DBP, Toluene and
Formaldehyde Free

Award-Winning Eyes

Professionally formulated **Olay Pro-X Eye Restoration Complex** is a 2010 *Good Housekeeping* Anti-Aging Award Winner in the Best Eye Cream category! And it's easy to see why. This specialized treatment hydrates to help restore the delicate eye area to its optimum appearance—making you look younger. And it's easy to make it part of your beauty regimen. Follow these eye-opening tips to achieve your own award-winning eyes!



GIVE YOUR BROWS A LIFT

The perfect brow shape can make you look more awake and years younger. Keep the arch right above your pupil for the most natural look. Never over-tweeze—too-thin eyebrows will add years to your face.

LASH ALLURE

Want a more wide-eyed look? Try mascara on the top lashes only, to make your eyes look more open and awake.

EYE-OPENING INNOVATION

Applied morning and night, **Olay Pro-X Eye Restoration Complex** improves the look of crow's feet, diminishes dark circles and reduces puffiness with a breakthrough niacinamide formula. Plus, it hydrates the skin's surface to reduce dryness.

SWEET DREAMS

You may not need a full eight hours, but your skin does. If you routinely skimp on your z's, your eyes will show the evidence. Get more beauty sleep and rest assured you'll look and feel refreshed.



EAT YOUR VEGGIES

Fruits and vegetables are loaded with antioxidants that fight free-radical damage and help eyes look younger and brighter.

BACK IS BEST

Snoozing on your stomach or side can cause sleep lines around your eyes as your face rubs up against your pillow night after night. Flip onto your back, or vary your position.

TRESS THERAPY

The right haircut should make your eyes pop. You can take years off your eyes by framing your face with layers or soft, subtle highlights.

RUB OUT WRINKLES

Use the pad of your middle finger to apply the eye cream, and tap it gently onto your skin—don't vigorously rub it in, because you can tug and pull at the delicate skin.

WINNER: BEST EYE CREAM CATEGORY!

After 18 months of research, Good Housekeeping Research Institute confirms that **Olay Pro-X Eye Restoration Complex** is a 2010 *Good Housekeeping* Anti-Aging Award Winner.



TO LEARN MORE ABOUT PRO-X EYE RESTORATION COMPLEX, VISIT WWW.OLAYPROFESSIONAL.COM

OLAY®

PROFESSIONAL

IT'S A REVOLUTION IN CLEANSING.

**AS EFFECTIVE AS THE SYSTEM SOLD BY
SKIN PROFESSIONALS FOR NEARLY \$200.***



Facial Cleansing Brush and Exfoliating Renewal Cleanser inside.

NEW PRO-X ADVANCED CLEANSING SYSTEM.

It took a team of dermatologists along with Olay to design this instrument that delivers supersonic cleansing. Professionally and clinically designed, it cleanses 6 times better.** But better than that, the Pro-X Advanced Cleansing System sets your skin up for supersonic anti-aging moisturization.*** **Go to OlayProfessional.com**

*System with normal/dry cleanser. **Than basic cleansing. ***Helps maximize the immediate hydrating effectiveness of your anti-aging moisturizer.

PROX

POTENT. PROVEN. PROFESSIONAL.

Speak your mind—you could win big money!

REDBOOK is *your* magazine, so we want to know your thoughts about it. Take our fast and easy reader-satisfaction survey and (score!) you'll be entered to win major cash.



One reader will win a
\$5,000

American Express gift card.

Other prizes include:

ONE **\$500**

American Express gift card

TEN **\$100**

American Express gift cards

Just log on to survey
.redbookmag.com.

No purchase necessary to enter or win. Reader Feedback Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning January 1, 2011, at 12:01 a.m. ET through December 31, 2011, at 11:59 p.m. ET go to survey.redbookmag.com and complete and submit the entry form pursuant to the onscreen instructions. One (1) grand-prize winner will receive a \$5,000 American Express gift card, one (1) second-place winner will receive a \$500 American Express gift card, and ten (10) runner-up winners will receive a \$100 American Express gift card. Odds of winning depend on the number of eligible entries received. Must be a legal resident of the 50 United States and D.C., Puerto Rico, or Canada who has reached the age of majority in his or her state, territory, or province of residence at time of entry. Void in the Province of Quebec and where prohibited by law. Sweepstakes subject to complete official rules available at survey.redbookmag.com.



LOOKING GOOD, CHRISTINA

I wasn't really interested in seeing *Burlesque* until I read this article ["Going Solo," December]. I'm so glad I did! The movie was fantastic, and Christina Aguilera is fab in every way!

—DIANE CURTIN, *Wayne, NJ*

NO EASY AFFAIR

I wanted to commend you on including the subject of affairs in "Whoa! Sex Life Ups & Downs!" [December]. I was in a marriage where my husband had an affair, and I received a lot of criticism for trying to work things out with him. I feel that with the right amount of reflection and hard work, a couple can survive an affair and strengthen their relationship. Thank you for showcasing such a controversial issue in a realistic light. —NAME WITHHELD, *Houston*

SUPPORT SYSTEM

Thank you for publishing this warm and wonderful article ["Love and Grief in a Season of Joy," December]. I lost my mother last year, and the holidays were very difficult without her. We like to remember her in special ways, but I often have to slip away so no one sees me cry. Thank you to the writer for being so open about her pain and joy. It's nice to feel like you are not alone in your grief. —CHERYL STEELE,

Estill Springs, TN

Thank you for the article "Love and Grief in a Season of Joy." I lost my older brother on December 21 last year, so at Christmas, I was pretty numb. Until I read this article, I hadn't really put much thought into what the holidays would be like this year—we were almost always together on Thanksgiving and Christmas. You have opened a door for me that I've ignored up until now. With your insight and advice, I think things will be good!

—SUZANNE SPAUGH, *Reed City, MI*

KISS OFF

I am saddened by the percentage of women in your survey who do not kiss their husbands on a regular basis ["The Kissing Project," December]. I'm sure this deterioration of affection correlates to today's high divorce and infidelity rates. Ladies, no excuses! Kiss your husbands and tell them how much you love and appreciate them every day! It will make you *both* happier. —LISA

WHITEMORE, *Boston*

... AND FROM REDBOOKMAG.COM



Alice Bradley has joined our mom blog, and we're not the only ones who are elated:

YAY! Nothing could make me happier on a day

when I've gotten almost zero sleep, my 3-year-old is up at 5:15, and we're home all day from day care because pink eye bloomed yesterday. I'm sure it's obvious I'm looking for some sort of motivation to go on. So glad I get to read you! —*echokx*

Write to us! At redbook@hearst.com, or Redbook Mail, 300 W. 57th St., New York, NY 10019. Letters may be edited for clarity and length.

chevy.com/cruze

TWO FRONT-ROW SEATS TO FEATUREPALOOZA.

The all-new Chevrolet Cruze



10 air bags.¹ Available Pioneer® Premium Audio System, StabiliTrak. And an interior more roomy than a Civic. **Get used to more.**

¹Always use safety belts and the correct restraint for your child's age and size. Children are safer when properly secured in a rear seat in the appropriate infant, child or booster seat. Never place a rear-facing infant restraint in the front seat of any vehicle equipped with a passenger air bag. See the Owner's Manual and child safety seat instructions for more safety information.



Easy act to follow.

9 out of 10 Americans aren't getting essential nutrients we need. That's a serious gap. But just one more serving of nutrient-rich milk a day for you and your family can help fill it. Sometimes the smallest acts make the biggest difference. So, pour one more.

got milk?

whymilk.com/susansarandon



NAKED TRUTH

HOW MANY TIMES A WEEK DO YOU HAVE SEX?

At least 7

12%

3 or 4 times

21%

Once or twice

35%

We have sex a few times a month

32%

The chain that serves up wings... and breasts!



SPILL VENT GOSSIP GO!

EVERYTHING
YOU CAN'T STOP
TALKING ABOUT
RIGHT NOW

PUT A RING ON IT?

Would you date one of these hunks if it meant being a "girlfriend" forever?

George Clooney claims there are no vows in his future.



Jon Hamm says he lacks the "marriage chip."



47%
Yes! Who cares about the ring if you've got the man?

53%
No way! Any guy who won't marry me isn't right for me.

It's all about ADS & GOWNS

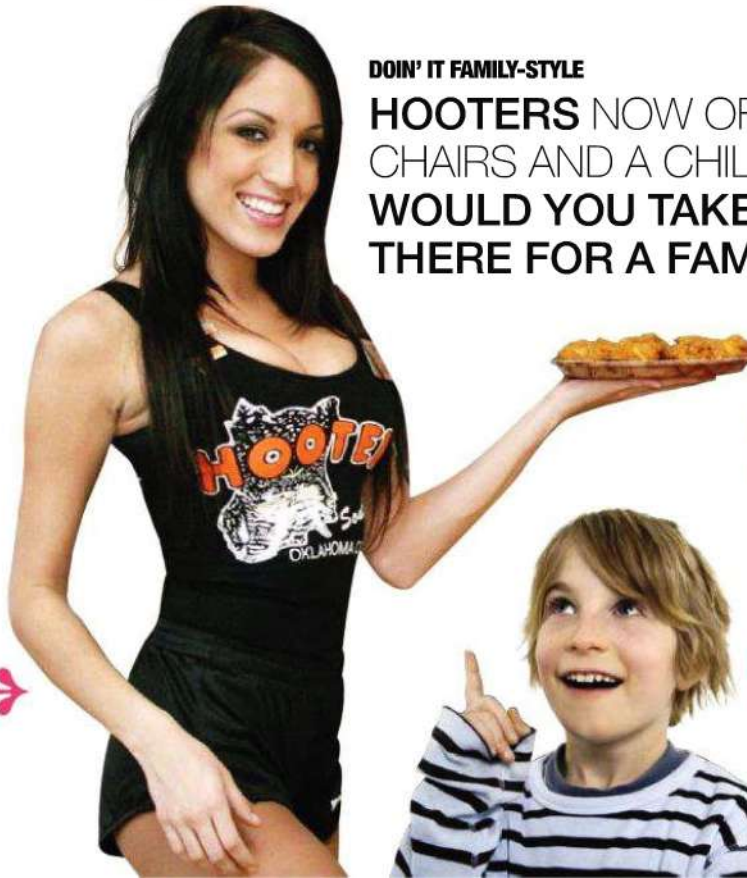


63 percent of readers watch the Super Bowl mainly for the commercials (who's playing, again?), and **73 percent** tune in to the Oscars for the red carpet... not the awards.



DOIN' IT FAMILY-STYLE

HOOTERS NOW OFFERS HIGH CHAIRS AND A CHILDREN'S MENU. **WOULD YOU TAKE YOUR KIDS THERE FOR A FAMILY DINNER?**



72%

NO WAY

28%

SURE!

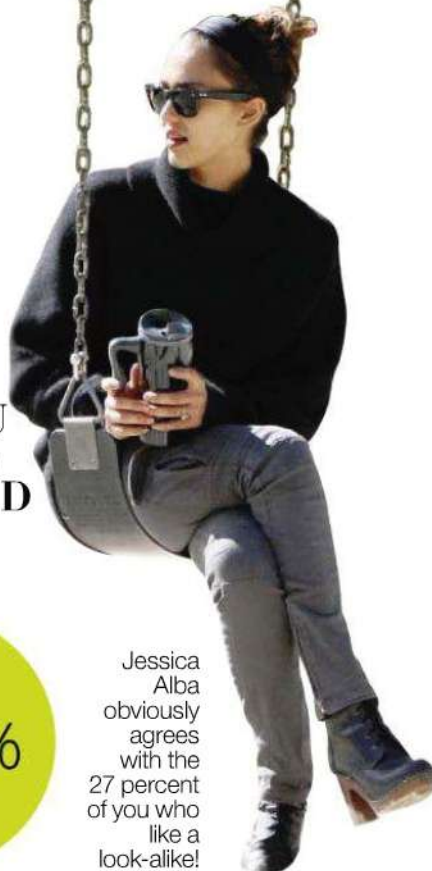


MINI ME!
DO YOU
DRESS
YOUR KID
LIKE
YOU?

73%
say no

"I want my kid
to look like a kid
for as long as
possible!"
—JENNA GOMEZ,
BOSTON

Jessica
Alba
obviously
agrees
with the
27 percent
of you who
like a
look-alike!



ROLE MODELS?

The casting
offices of MTV's
reality shows
Teen Mom and
16 and Pregnant
reportedly say
that **some**
teens are
trying to get
pregnant for a
chance at tabloid stardom.
Has the attention surrounding
these shows **glamorized**
teen pregnancy more than
discouraged it?



79%

Yes

21%

No

MOMMY BLOGGER FACE-OFF

DO YOU CHECK YOUR **HUSBAND'S** TEXTS/EMAILS?

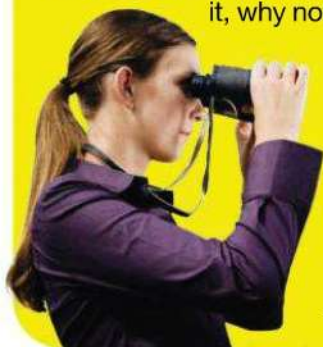
✓ YES

We've got no secrets.

"People say 'check' like it's a negative thing. My husband knows I can access his phone and email and may look at any time. I don't think I'm going to find something suspicious, but I've seen friends with cheating spouses confirm their fears this way. Looking at texts and emails is the simplest way to put my mind at ease, so if he's okay with it, why not? I'm proud to say there

are no secrets between my husband and me, and his willingness to be totally accessible (phone, emails, chats, Twitter, Facebook) is all the proof I need that he's being truthful."

—ANISSA MAYHEW, AIMINGLOW.COM



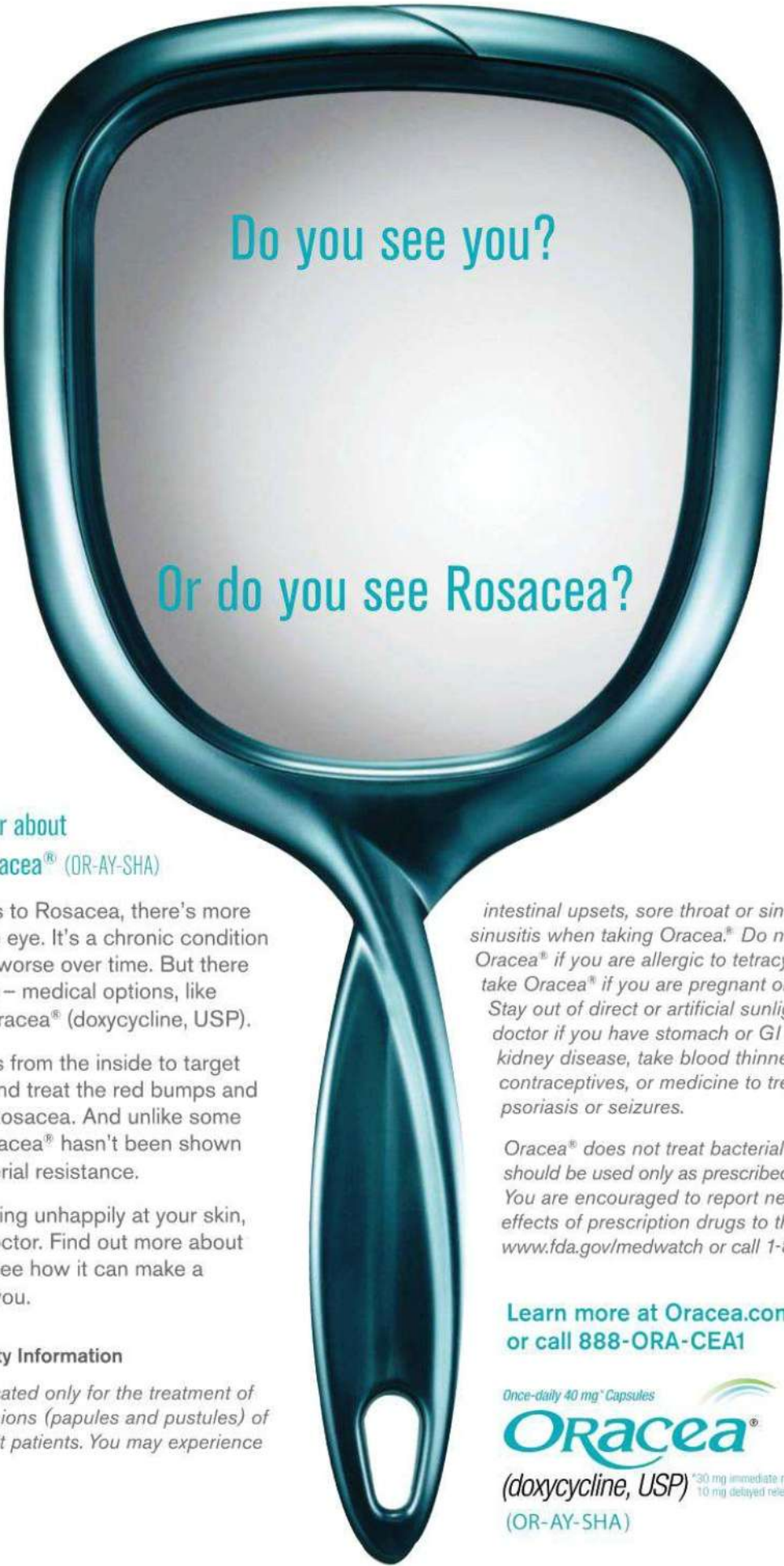
✓ NO

It's a matter of boundaries!

"I would never invade my husband's privacy by snooping. It's a matter of basic boundaries. Snooping means either you're paranoid and might need some help dealing with that, or his actions have made you wary and the relationship needs attention, *stat*. Regardless of the reason, no marital issue was ever solved via middle-school antics, so if you're worried enough to snoop, be woman enough to handle it like an adult. Talk to him! Consider this: He may be doing something wrong, but once you invade his privacy, so are you."

—MIRIAM KAMIN, COULDASHOULD.COM





Do you see you?

Or do you see Rosacea?

Ask your doctor about
prescription Oracea® (OR-AY-SHA)

When it comes to Rosacea, there's more than meets the eye. It's a chronic condition and it can get worse over time. But there are treatments – medical options, like prescription Oracea® (doxycycline, USP).

Oracea® works from the inside to target inflammation and treat the red bumps and blemishes of Rosacea. And unlike some treatments, Oracea® hasn't been shown to cause bacterial resistance.

Instead of looking unhappily at your skin, look to your doctor. Find out more about Oracea® and see how it can make a difference for you.

Important Safety Information

Oracea® is indicated only for the treatment of inflammatory lesions (papules and pustules) of Rosacea in adult patients. You may experience

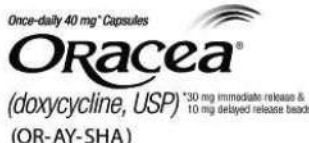
intestinal upsets, sore throat or sinus infections/sinusitis when taking Oracea®. Do not take Oracea® if you are allergic to tetracyclines. Do not take Oracea® if you are pregnant or breastfeeding. Stay out of direct or artificial sunlight. Tell your doctor if you have stomach or GI problems, kidney disease, take blood thinners, oral contraceptives, or medicine to treat acne, psoriasis or seizures.

Oracea® does not treat bacterial infections and should be used only as prescribed by your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Learn more at Oracea.com
or call 888-ORA-CEA1

Once-daily 40 mg* Capsules

ORacea®
(doxycycline, USP) *30 mg immediate release &
10 mg delayed release beads
(OR-AY-SHA)



Brief Summary of Full Prescribing Information

INDICATIONS AND USAGE

ORACEA is indicated only for the treatment of inflammatory lesions (papules and pustules) of rosacea in adult patients.

The dosage of ORACEA differs from that of doxycycline used to treat infections. To reduce the development of resistant bacteria as well as to maintain the effectiveness of other antibacterial drugs, ORACEA should be used only as indicated.

CLINICAL PHARMACOLOGY

Pharmacokinetics

ORACEA capsules are not bioequivalent to other doxycycline products.

CONTRAINDICATIONS

This drug is contraindicated in persons who have shown hypersensitivity to doxycycline or any of the other tetracyclines.

WARNINGS

Teratogenic effects: 1) Doxycycline, like other tetracycline-class antibiotics, can cause fetal harm when administered to a pregnant woman. If any tetracycline is used during pregnancy or if the patient becomes pregnant while taking these drugs, the patient should be informed of the potential hazard to the fetus and treatment stopped immediately.

ORACEA should not be used during pregnancy (see PRECAUTIONS: Pregnancy).

2) The use of drugs of the tetracycline class during tooth development (last half of pregnancy, infancy, and childhood up to the age of 8 years) may cause permanent discoloration of the teeth (yellow-gray-brown). This adverse reaction is more common during long-term use of the drug but has been observed following repeated short-term courses. Enamel hypoplasia has also been reported. Tetracycline drugs, therefore, should not be used during tooth development unless other drugs are not likely to be effective or are contraindicated.

3) All tetracyclines form a stable calcium complex in any bone-forming tissue. A decrease in fibula growth rate has been observed in premature human infants given oral tetracycline in doses of 25 mg/kg every 6 hours. This reaction was shown to be reversible when the drug was discontinued.

Results of animal studies indicate that tetracyclines cross the placenta, are found in fetal tissues, and can cause retardation of skeletal development on the developing fetus. Evidence of embryotoxicity has been noted in animals treated early in pregnancy (see PRECAUTIONS: Pregnancy section).

Gastrointestinal effects: Pseudomembranous colitis has been reported with nearly all antibacterial agents and may range from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents.

Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia. Studies indicate that a toxin produced by *Clostridium difficile* is a primary cause of "antibiotic-associated colitis."

If a diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated. Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation, and treatment with an antibacterial drug clinically effective against *Clostridium difficile* colitis.

Metabolic effects: The anti-anabolic action of the tetracyclines may cause an increase in BUN. While this is not a problem in those with normal renal function, in patients with significantly impaired function, higher serum levels of tetracycline-class antibiotics may lead to azotemia, hyperphosphatemia, and acidosis. If renal impairment exists, even usual oral or parenteral doses may lead to excessive systemic accumulations of the drug and possible liver toxicity. Under such conditions, lower than usual total doses are indicated, and if therapy is prolonged, serum level determinations of the drug may be advisable.

Photosensitivity: Photosensitivity manifested by an exaggerated sunburn reaction has been observed in some individuals taking tetracyclines. Although this was not observed during the duration of the clinical studies with ORACEA, patients should minimize or avoid exposure to natural or artificial sunlight (tanning beds or UVAB treatment) while using ORACEA. If patients need to be outdoors while using ORACEA, they should wear loose-fitting clothes that protect skin from sun exposure and discuss other sun protection measures with their physician.

PRECAUTIONS

General: Safety of ORACEA beyond 9 months has not been established.

As with other antibiotic preparations, use of ORACEA may result in overgrowth of non-susceptible microorganisms, including fungi. If superinfection occurs, ORACEA should be discontinued and appropriate therapy instituted. Although not observed in clinical trials with ORACEA, the use of tetracyclines may increase the incidence of vaginal candidiasis.

ORACEA should be used with caution in patients with a history of or predisposition to candidiasis overgrowth. Bacterial resistance to tetracyclines may develop in patients using ORACEA. Because of the potential for drug-resistant bacteria to develop during the use of ORACEA, it should be used only as indicated.

Autoimmune Syndromes: Tetracyclines have been associated with the development of autoimmune syndromes. Symptoms may be manifested by fever, rash, arthralgia, and malaise. In symptomatic patients, liver function tests, ANA, CBC, and other appropriate tests should be performed to evaluate the patients. Use of all tetracycline-class drugs should be discontinued immediately.

Tissue Hyperpigmentation: Tetracycline-class antibiotics are known to cause hyperpigmentation. Tetracycline therapy may induce hyperpigmentation in many organs, including nails, bone, skin, eyes, thyroid, visceral tissue, oral cavity (teeth, mucosa, alveolar bone), sclerae and heart valves. Skin and oral pigmentation has been reported to occur independently of time or amount of drug administration, whereas other pigmentation has been reported to occur upon prolonged administration. Skin pigmentation includes diffuse pigmentation as well as over sites of scars or injury.

Pseudotumor cerebri: Bulging fontanel in infants and benign intracranial hypertension in adults have been reported in individuals receiving tetracyclines. These conditions disappeared when the drug was discontinued.

Laboratory Tests: Periodic laboratory evaluations of organ systems, including hematopoietic, renal and hepatic studies should be performed. Appropriate tests for autoimmune syndromes should be performed as indicated.

Drug Interactions: 1. Because tetracyclines have been shown to depress plasma prothrombin activity, patients who are on anticoagulant therapy may require downward adjustment of their anticoagulant dosage. 2. Since bacteriostatic drugs may interfere with the bactericidal action of penicillin, it is advisable to avoid giving tetracycline-class drugs in conjunction with penicillin. 3. The concurrent use of tetracycline and methoxyflurane has been reported to result in fatal renal toxicity. 4. Absorption of tetracyclines is impaired by bismuth subsalicylate, proton pump inhibitors, antacids containing aluminum, calcium or magnesium and iron-containing preparations. 5. Doxycycline may interfere with the effectiveness of low dose oral contraceptives. To avoid contraceptive failure, females are advised to use a second form of contraceptive during treatment with doxycycline. 6. There have been reports of pseudotumor cerebri (benign intracranial hypertension) associated with the concomitant use of isotretinoin and tetracyclines. Since both oral retinoids, including isotretinoin and acitretin, and the tetracyclines, primarily minocycline, can cause increased intracranial pressure, the concurrent use of an oral retinoid and a tetracycline should be avoided.

MICROBIOLOGY

The plasma concentration of doxycycline achieved with ORACEA during administration (see DOSAGE AND ADMINISTRATION) are less than the concentrations required to treat bacterial diseases. *In vivo* microbiological studies utilizing a similar drug exposure for up to 18 months demonstrated no detectable long-term effects on bacterial flora of the oral cavity, skin, intestinal tract, and vagina.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Doxycycline was assessed for potential to induce carcinogenesis in a study in which the compound was administered to Sprague-Dawley rats by gavage at dosages of 20, 75, and 200 mg/kg/day for two years. An increased incidence of uterine polyps was observed in female rats that received 200 mg/kg/day, a dosage that resulted in a systemic exposure to doxycycline approximately 12.2 times that observed in female humans who use ORACEA (exposure comparison based upon area under the curve (AUC) values). No impact upon tumor incidence was observed in male rats at 200 mg/kg/day, or in either gender at the other dosages studied. Evidence of oncogenic activity was obtained in studies with related compounds, i.e., oxytetracycline (adrenal and pituitary tumors) and minocycline (thyroid tumors). Doxycycline demonstrated no potential to cause genetic toxicity in an *in vitro* point mutation study with mammalian cells (CHO/HGPRT forward mutation assay) or in an *in vivo* micronucleus assay conducted in CD-1 mice. However, data from an *in vitro* assay with CHO cells for potential to cause chromosomal aberrations suggest that doxycycline is a weak clastogen.

Oral administration of doxycycline to male and female Sprague-Dawley rats adversely affected fertility and reproductive performance, as evidenced by increased time for mating to occur, reduced sperm motility, velocity, and concentration, abnormal sperm morphology, and increased pre- and post-implantation losses. Doxycycline induced reproductive toxicity at all dosages that were examined in this study, as even the lowest dosage tested (50 mg/kg/day) induced a statistically significant reduction in sperm velocity. Note that 50 mg/kg/day is approximately 3.6 times the amount of doxycycline contained in the recommended daily dose of ORACEA for a 60-kg human when compared on the basis of AUC estimates. Although doxycycline impairs the fertility of rats when administered at sufficient dosage, the effect of ORACEA on human fertility is unknown.

Pregnancy: Teratogenic Effects: Pregnancy Category D. (see WARNINGS section). Results from animal studies indicate that doxycycline crosses the placenta and is found in fetal tissues.

Nonteratogenic effects: (see WARNINGS section).

Labor and Delivery: The effect of tetracyclines on labor and delivery is unknown.

Nursing Mothers: Tetracyclines are excreted in human milk. Because of the potential for serious adverse reactions in infants from doxycycline, ORACEA should not be used in mothers who breastfeed. (see WARNINGS section).

Pediatric Use: ORACEA should not be used in infants and children less than 8 years of age (see WARNINGS section). ORACEA has not been studied in children of any age with regard to safety or efficacy, therefore use in children is not recommended.

ADVERSE REACTIONS

Adverse Reactions in Clinical Trials of ORACEA: In controlled clinical trials of adult patients with mild to moderate rosacea, 537 patients received ORACEA or placebo over a 16-week period. The most frequent adverse reactions occurring in these studies are listed in the table below.

Incidence (%) of Selected Adverse Reactions in Clinical Trials of ORACEA (n=269) vs. Placebo (n=268)		
	ORACEA	Placebo
Nasopharyngitis	13 (4.8)	9 (3.4)
Pharyngolaryngeal Pain	3 (1.1)	2 (0.7)
Sinusitis	7 (2.6)	2 (0.7)
Nasal Congestion	4 (1.5)	2 (0.7)
Fungal Infection	5 (1.9)	1 (0.4)
Influenza	5 (1.9)	3 (1.1)
Diarrhea	12 (4.5)	7 (2.6)
Abdominal Pain Upper	5 (1.9)	1 (0.4)
Abdominal Pain Distention	3 (1.1)	1 (0.4)
Abdominal Pain	3 (1.1)	1 (0.4)
Stomach Discomfort	3 (1.1)	2 (0.7)

Note: Percentages based on total number of study participants in each treatment group.

Adverse Reactions for Tetracyclines: The following adverse reactions have been observed in patients receiving tetracyclines at higher, antimicrobial doses:

Gastrointestinal: anorexia, nausea, vomiting, diarrhea, glossitis, dysphagia, enterocolitis, and inflammatory lesions (with vaginal candidiasis) in the anogenital region. Hepatotoxicity has been reported rarely. Rare instances of esophagitis and esophageal ulcerations have been reported in patients receiving the capsule forms of the drugs in the tetracycline class. Most of the patients experiencing esophagitis and/or esophageal ulceration took their medication immediately before lying down. (see DOSAGE AND ADMINISTRATION section). Skin: maculopapular and erythematous rashes. Exfoliative dermatitis has been reported but is uncommon. Photosensitivity is discussed above. (see WARNINGS section).

Renal toxicity: Rise in BUN has been reported and is apparently dose-related. (see WARNINGS section).

Hypersensitivity reactions: urticaria, angioneurotic edema, anaphylaxis, anaphylactoid purpura, serum sickness, pericarditis, and exacerbation of systemic lupus erythematosus.

Blood: Hemolytic anemia, thrombocytopenia, neutropenia, and eosinophilia have been reported.

OVERDOSAGE

In case of overdose, discontinue medication, treat symptomatically, and institute supportive measures. Dialysis does not alter serum half-life and thus would not be of benefit in treating cases of overdose.

DOSAGE AND ADMINISTRATION

THE DOSAGE OF ORACEA DIFFERS FROM THAT OF DOXYCYCLINE USED TO TREAT INFECTIONS. EXCEEDING THE RECOMMENDED DOSAGE MAY RESULT IN AN INCREASED INCIDENCE OF SIDE EFFECTS INCLUDING THE DEVELOPMENT OF RESISTANT MICROORGANISMS.

One ORACEA capsule (40 mg) should be taken once daily in the morning on an empty stomach, preferably at least one hour prior to or two hours after meals.

Efficacy beyond 16 weeks and safety beyond 9 months have not been established.

Administration of adequate amounts of fluid along with the capsules is recommended to wash down the capsule to reduce the risk of esophageal irritation and ulceration. (see ADVERSE REACTIONS section).

HOW SUPPLIED

ORACEA (beige opaque capsule printed with GLD 40) containing doxycycline, USP in an amount equivalent to 40 mg of anhydrous doxycycline. Bottle of 30 (NDC 0299-3822-30).

Storage: All products are to be stored at controlled room temperatures of 15°C - 30°C (59°F - 86°F) and dispensed in tight, light-resistant containers (USP). Keep out of reach of children.

Patent Information: U.S. Patents 5,789,395; 5,919,775; 7,232,572; 7,211,267 and patents pending.

Marketed by:
GALDERMA LABORATORIES, L.P.
Fort Worth, Texas 76177 USA
Galderma is a registered trademark.
20050-0908 Revised: September 2008

Manufactured by:
Catalent Pharma Solutions, LLC
Winchester, Kentucky 40391 USA
www.oracea.com



WOW, THAT WAS EMBARRASSING!



"Shortly after meeting my husband, we went to visit his parents. I wanted to make a good impression, especially since his mother had 'caught me' at his apartment early one Sunday morning. The very first night I was there, his parents, his sister, her kids, and their neighbors were all over. We were sitting around the table talking when his mother said, 'What is that?' His toddler nephew was approaching the center of the room with my red, lacy, stringy thong dangling from his mouth. They still tease me about it, 10 years later."

—C.B., WESTON, VT



"I was rushing to work for a big meeting when my gas light came on and I had to fill up my minivan. I was in such a hurry that I pulled away from the station with the nozzle and hose planted firmly in my vehicle, ripping the entire hose out of the pump. A river of gas poured out, and my shoes were submerged when I jumped out to help. I made it to work on time, but when my boss called maintenance to check if there was a gas leak, I had to come clean about the source of the smell."

—B.T., WESTERVILLE, OH

"I was dropping off papers at an office in town, and I had a few questions so I sat down at the desk of the guy helping me while we went through it. My 2-year-old daughter was on my lap, facing me, and at one point she grabbed the front of my shirt, pulled the neck down past my bra, and held on tight. The very nice near-stranger saw more than most would on a first date!"

—C.O., ROCKAWAY, NJ

SMOOTH OPERATOR

WHO'S A BETTER DRIVER, YOU OR YOUR HUSBAND?

Watch out!



62%

OF REDBOOKMAG.COM READERS SAY "I AM!" BUT...

50%

ADMIT THEIR HUSBANDS WOULD CLAIM SUPERIORITY.

Statistics show that men are 77 percent more likely to be involved in a serious car accident than women.

TV IDOLS

The names **FINN**, **QUINN**, and **BETTY**—which you know from the hit shows *Glee* and *Mad Men*—are suddenly soaring in popularity. Expectant parents must be doing some serious nesting in front of the tube....

There are 50 percent more "Betty" babies since *Mad Men* began.

Betty ▶



◀ Finn

Up 10 percent since *Glee* premiered in 2009.

Jumped nearly 60 percent. (Go, baby-naming Gleeeks!)

Quinn ▶



Which TV character inspired your baby's name?

"My son's name is Malcolm Vaughn, after the TV show *Malcolm in the Middle* and my crush Vince Vaughn!"

—SHONDREKA LOTT, VIA FACEBOOK

"Someone once told me they were planning to name their daughter Clarice, inspired by the reindeer who was so nice in *Rudolph, the Red Nosed Reindeer*."

—GLYNIS BUSCHMANN, YUBA CITY, CA

"A friend's cousin was named after the old soap opera *Dark Shadows*; her name is Darshadow!"

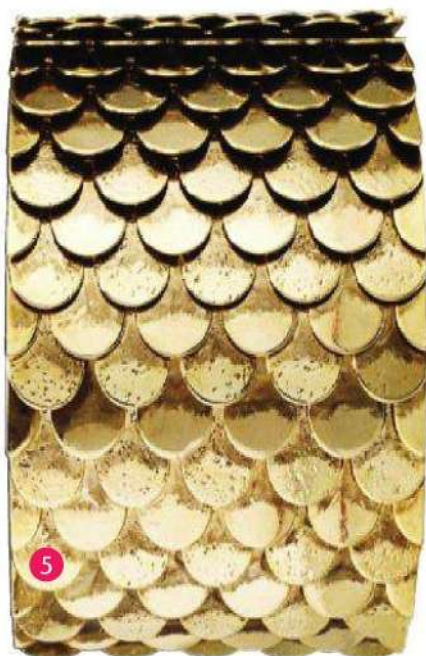
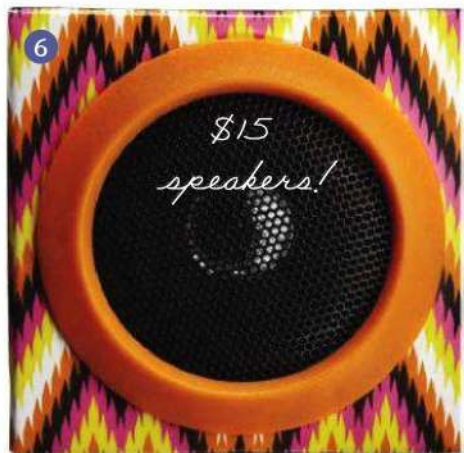
—KIRSTEN POE HILL, UPPER MARLBORO, MD





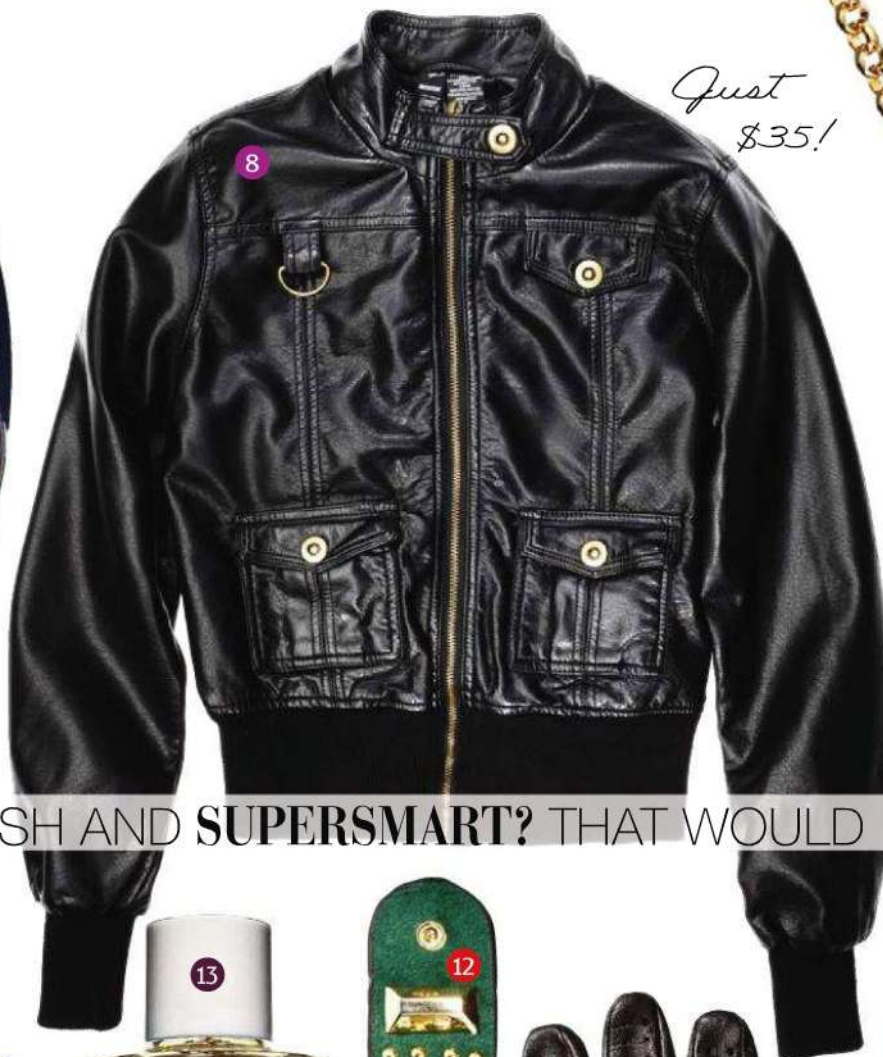
50 UNDER \$50

SHOW YOUR **WALLET** SOME **LOVE**, AND TREAT YOURSELF TOO (**YOU'RE SO WORTH IT**) WITH THESE AMAZING **GETS**, INCLUDING **MORE** THAN 20 **COOL FINDS** UNDER \$20!



- ① Extra moisture for *boy-this-was-a-long-winter-parched* hair. Rusk Sensories Wellness Reflect hair treatment, \$19.95; rusk1.com. ② The colors are loud (in a good way!), but you won't hear a tick from this superquiet clock. Ultra-flat multicolor wall clock, \$40; momastore.org. ③ These stripes have attitude... and partner perfectly with any bright tee you own. Merona for Target skirt, \$24.99; target.com. ④ A little rock 'n' roll for your makeup bag: This "clutch" is actually a palette of 10 earthy eyeshadows. Tarte NeutralEyes Natural Eye Palette, \$44; tarte.com. ⑤ A gorgeous cuff that makes a black turtleneck suddenly art-school chic. Curations With Stefani Greenfield cuff, \$49.95; hsn.com. ⑥ Play freeze dance with your kids anywhere, anytime with these foldable mini MP3 speakers. Amalfi Monaco speakers, \$14.99 for 2; merkuryinnovations.com.

50
UNDER \$50



SUPERSTYLISH AND SUPERSMART? THAT WOULD BE YOU IN



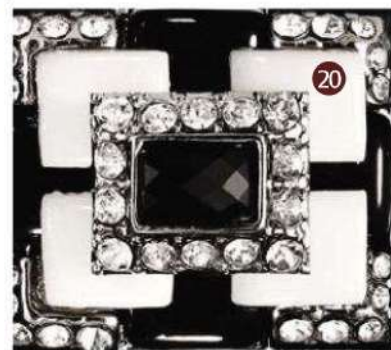
7 Gift these adorable flats to yourself for V-Day. Patent Heart Ballerinas, \$39; accessorize.com. 8 A forever jacket at a crazy-good price. Faux-leather jacket, \$34.90; windsorstore.com. 9 Very Liz Taylor-worthy (especially when you unbutton a little to show it off). Nugaard aqua pendant, \$48; shop.nugaarddesigns.com. 10 This bag has that equestrian vibe we love. Tote, \$29.99; select Target stores, 800-800-8800 for store info. 11 Gloves that say "My other car is a Porsche" in an uncheesy way. Leather gloves, \$39.50; landsendcanvas.com. 12 It's money green and dotted with gold—how could it not look like a million bucks? Karyn bracelet, \$43; vietafashion.com. 13 Yes, he should definitely give you a massage with this rose-infused oil. Pratima Love Oil, \$24; pratimaskincare.com. 14 An attachable stand means your iPhone transforms into a tiny, kid-shushing TV. Shield Limited Starbright iPhone case, \$34.95; agent18.com.



Cute and charitable...



CUTE SHOES, LUXE (FAUX) LEATHER, AND NOTHING OVER \$50.



15 Spritz your way to silkier, more manageable hair. Biomega Moisture Mist, \$17; aquage.com. 16 The gorgeous solution for any boringly empty spot in your home. Silvery Sea Mercury Ripple Bowl, \$46; lazysusanusa.com. 17 Cheery cherry sneakers to match your heart of gold: 10 percent of each sale goes to the American Heart Association. Bensimon sneakers, \$48; moxsie.com. 18 Not that it's a competition, but in these you'd totally beat your office pals for Miss Best Shoes Ever. Charles Albert heels, \$34; endless.com. 19 The new weekend staple: cargos. And these stretch! Dickies Girl cargos, \$30; dickiesgirl.com. 20 An Art Deco sparkler for your finger. R.J. Graziano ring, \$35; 212-685-1248. 21 Classic elegance for ladies who simply want the time without the whole 'Yo, check out my watch' routine. Easy Reader watch, \$40; timex.com.

50
UNDER \$50



REASONS TO GATHER UP THE **CHANGE IN YOUR COUCH...**



22 Just the thing to brighten up your burnt-to-a-crisp disasters. Pieni Melooni oven mitt, \$22; kiitosmarimekko.com. 23 Glasses to make even swigging Red Bull feel refined. Luddite beaker set by Thomas Paul, \$40 for 4; 2modern.com. 24 Tape the T-ball game without killing your cell phone battery. Pocket-size DVR camera, \$49.99; vivitar.com. 25 A Cape Cod-style belt with a sweet little bow. Belt, \$34.50; loft.com. 26 Smells—and looks—so sophisticated. Reveal by Halle Berry eau de parfum, \$35 for 1.7 oz; Target. 27 Insta-glam for a woke-up-late 'do. Headband, \$29.95; sendthetrend.com. 28 Seriously, they're like a pet rabbit for your feet. Dearfoams faux-fur slippers, \$24; dearfoams.com. 29 Sparkle shadow subtle enough for day. Paul & Joe Color Powder CS in Ribbon. \$25; beautyhabit.com. 30 Too cute to save for company—go ahead, put ketchup in them! Petite leaf dipping dishes; \$25 for 4; rosannainc.com.

Thank you Curél®

for stopping at nothing to stop my itchy skin.

© 2011 Kao Brands Company



New Curél® Itch Defense® Lotion with Advanced Ceramide Therapy can change your skin. Our proven formula relieves itchy, dry skin immediately. And prevents it from coming back.

Your search for itchy, dry skin relief ends here.

See the cure in Curél®.

See more thank yous at: www.curel.com/thanks



nationaleczema.org

20
UNDER \$20



MEET THE FASHIONABLE FRONT LINE IN OUR ONGOING

31 Paint your toes this vibrant shade... then start praying for sandal season to get here sooner. Sinful Colors nail enamel in Fiji, \$1.99; sinfulcolors.com. 32 Your music-obsessed BFF will love this (and she deserves a valentine, no?). Tunes for 2 headphone splitter, \$12; fredflare.com. 33 Posh personalized linens for practically pennies. Monogrammed color-border guest towel, \$19.50 for 2; landsend.com. 34 The sweetest sailor stripes—now all you have to do is find yourself a sweet sailor. Top, \$19.50; charlotterusse.com. 35 Bath salts that bring on the Zen. One Fizzy Bath Salt in Stress No More, \$9.99; target.com. 36 Cool cat-eye shades for when you're having a Marilyn moment. Fantas-Eyes sunglasses, \$14; Urban Outfitters. 37 Sexy (but wearably sheer) red gloss. Rimmel London Moisture Renew Cream Lip Gloss SPF 15 in SOS Red, \$6.47; rimmellondon.com. 38 A cure for lip-balm boredom. Sante Soleil Lipstick Balm SPF 15 in Magenta, \$7; santeamerica.com. 39 Face-cleansing wipes with a hefty dose of antiaging ingredients. Genius! OleHenriksen Truth to Go Wipes, \$15; olehenriksen.com. 40 A way-upscale organic moisturizer at a drugstore price. Pharmacopia Jasmine Body Lotion, \$11.99; vitaminshoppe.com.

TOWEL, PEN, HAND WARMER:
COURTESY OF MANUFACTURERS.



CAMPAIGN TO **END OVERSPENDING.** WONDERFUL, RIGHT?

41 This glimmery snowflake will melt your heart—and dress up a cardi. Brooch, \$18; accessorize.com. 42 A speaker that adds a pop of color to your nightstand; throw on your iPod and cue the Barry White. iHM9 portable speaker system, \$19.99; ihomeaudio.com. 43 It'll make signing your next mortgage check feel *almost* fun. Fish pen, \$13; mollaspace.com. 44 Perfect hostess gift: The dry riesling's tasty, but the cool bottle alone will impress. Riesling, \$8.99; kroger.com. 45 The light layers of this top add romance to your look, not bulk. Tiered tank, \$19.90; windsorstore.com. 46 Put tons of sparkle on your finger without going bling-overboard. Ring, \$5.80; forever21.com. 47 Gives a warm, I-got-cozy-'round-the-fireplace glow. Physician's Formula Cashmere Wear Ultra-Soothing Bronzer, \$13.99; cvs.com. 48 Forgot your gloves? Leave these adorable little hot water bottles in your pocket and it won't matter. Red Heart Mini Hottie Hand Warmer, \$8.99; plumparty.com. 49 Frenchify your next trip to the market. Tote bag, \$15; rosannainc.com. 50 Green up your cleaning routine with this spray bottle and refillable pods. Replenish multisurface cleaner, \$7.99; myreplenish.com.



Free stuff!

Plus the chance to win \$250,000!

(SEE DETAILS BELOW)

FOUR DAYS OF BLISS

1 reader will win a 3-night trip for 2 to the St. Regis Atlanta—including 2 60-minute customized massages at the resort's Remède Spa, afternoon tea, and 2 \$300 airfare vouchers—from stregisatlanta.com. Total retail value, \$2,840.

GASP-OUT-LOUD JEWELRY

5 readers will each win a pair of Acapulco 22-karat-gold vermeil and garnet earrings and an Acapulco bracelet, from stephenestelle.com. Value of set, \$318.



A relaxing trip, gorgeous gold jewelry, tech treats—and no, you don't have to share unless you *really* want to! Enter to win at redbookmag.com/freebies.



THIS SATCHEL? SWOON.

6 readers will each win a Belize Sabrina Satchel from Lodi's. Value of each, \$298.



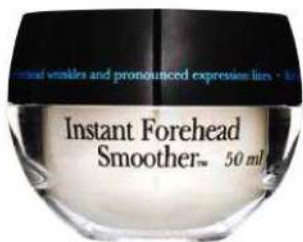
A PERFECT PC

2 readers will each win a TouchSmart 310 desktop computer from HP. Value of each, \$750.



FREE MOVIE NIGHTS FOR A YEAR

10 readers will each win a 1-year subscription to Film Movement, a club that sends you a new indie or foreign DVD to keep each month, from filmmovement.com. Value of each, \$192.



LIKE A FACE-LIFT IN A JAR

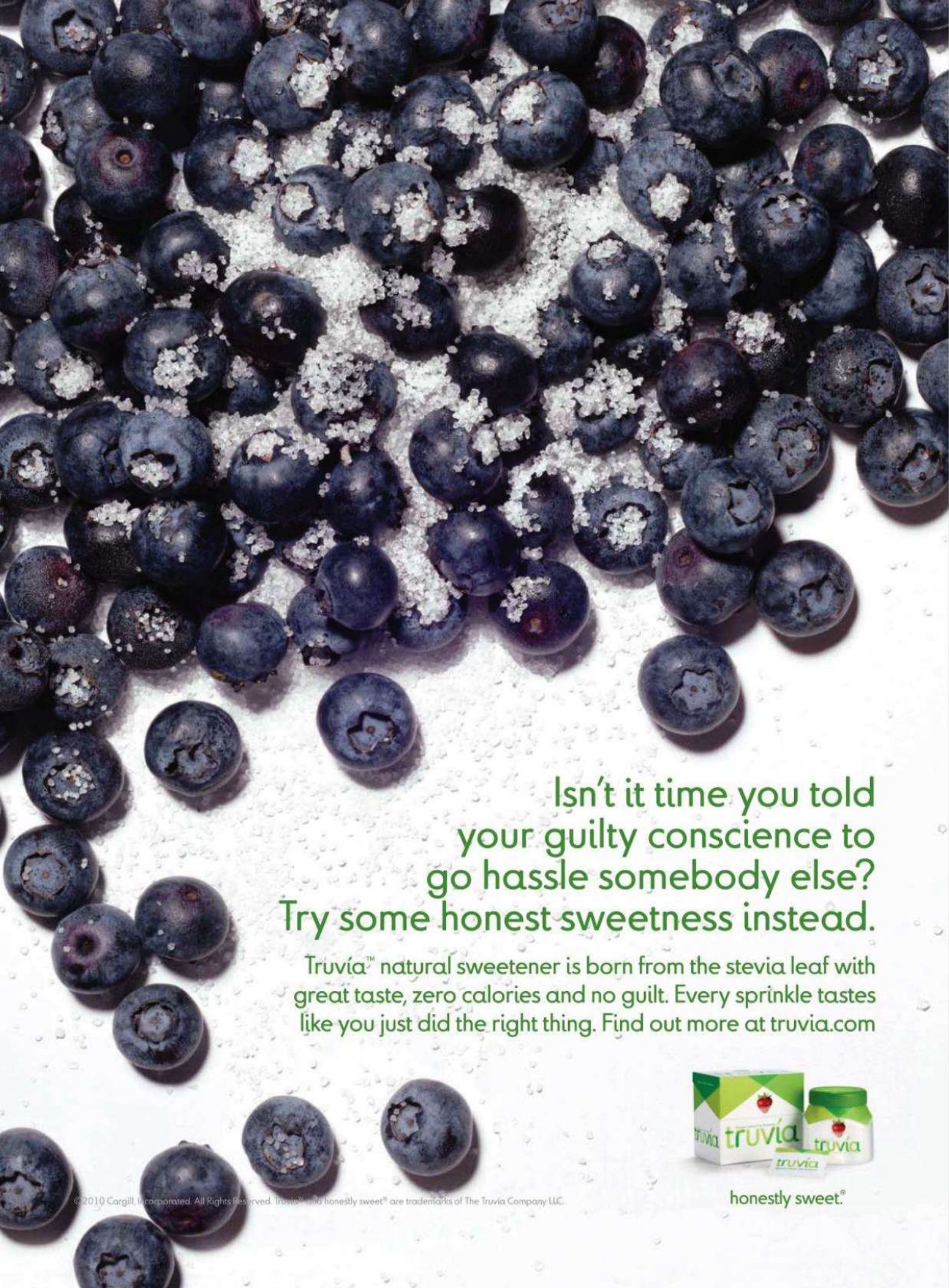
15 readers will each win a 6-in-1 Miracle Cream for face and Instant Forehead Smoother from Bremenn Research Labs. Value of set, \$118.



MASSAGE ON DEMAND

1 reader will win a Panasonic EP-MS40 full-body massage Sofa Chair from panasonic.com. Total retail value, \$2,500.

Even better: You could win \$250,000 in cold, hard cash! For your chance, enter at win250k.redbookmag.com. See page 179 for details.



Isn't it time you told
your guilty conscience to
go hassle somebody else?
Try some honest sweetness instead.

Truvia™ natural sweetener is born from the stevia leaf with great taste, zero calories and no guilt. Every sprinkle tastes like you just did the right thing. Find out more at truvia.com



honestly sweet.®

LOCK-IN
MOISTURE.
BLOCK-OUT
DRYNESS.



SKIN SMOOTHING
GEL-CREAM MOISTURIZER



24 hours of refreshing
hydration

Take care.
GARNIER
garnierUSA.com

WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

Why you'll want **more lace** in your life, starting now:

1 Whether your girly-meter reads "minimal pink" or "My Pretty Pony," there's something (from shoes to tees to dresses) that'll hit your sweet spot.

2 From the department of obvious truths: It's dead sexy.

3 That said, you don't have to look like a *Moulin Rouge!* extra. Lace is plenty hot when layered.

4 Our thinking: If it hasn't been tatted by a cloistered nun, it shouldn't cost a fortune. So none of the stuff on the next page does!

◀ Top, Grass Clothing, \$39; Macy's. Necklace, Marie Todd, \$140; marietodd.com. Jeans, Paige Denim, \$199; paigeusa.com. Belt, Linea Pelle Collection, \$128; shopemilygrace.com.

TREND WITH BENEFITS

Modern lace

TREND WITH BENEFITS

THIS BOUDOIR FAVE ROCKS 'ROUND THE CLOCK



This tank transforms a cardigan from ho-hum to hot stuff: Tank, Michael Stars, \$48; michaelstars.com. Cardigan, Gap, \$49.50; gap.com.



So sexy-casual layered over a white cami: Tee, Loft, \$60; loft.com.



With a black blazer, it's perfect for work, too. Skirt, Adrienne Vittadini, \$88; adriennevittadini.com.



A blousy piece with just enough Stevie Nicks to it. Top, Heartloom, \$140; aritzia.com.



Edgy (in a soft way) for night. Heels, Chinese Laundry, \$89; chineselaundry.com.



Surprisingly low-key with flat boots. Dress, Only Hearts by Helena Stuart, \$165; Only Hearts, NYC, 212-431-3694.



The usual T-shirt gets a feminine upgrade. Tee, Amber Sakai, \$158; ambersakai.com.



This seems sheer but actually isn't. (Very steamy!) Top, McGinn Collection, \$215; mcginncollection.com.



Clean-cut and preppy yet still come-hither. Top, Lucky Brand, \$129; luckybrand.com.



Adds glamour to every day. Bag, Rampage Handbags, \$148; nordstrom.com.



The sweetest black flats ever. Flats, White House Black Market, \$88; 877-948-2525, whbm.com.



January Jones plays peek-a-boo.

PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: BARBARA EISEN FOR HALLEY RESOURCES. JONES: GETTY IMAGES.

9:00am

3:00pm

9:00pm

can your curls
stay defined from 9 till 9?

TRY Pantene. Dry to Moisturized collection* and Curl Shaping Gel.

Put it to the test and enjoy a full day of defined curls! Pantene found out that the twists and turns of curly hair make it more prone to dryness than straight hair — and there go your curls! Pantene Pro-V science created a line-up that gives curls ALL-DAY DEFINITION — to keep you curlicious from 9 to 9!

*For all day hydration: Curly Dry to Moisturized Shampoo & Conditioner, and Curly Deep Moisturizing Treatment.



PANTENE PRO-V

HEALTHY MAKES IT HAPPEN

Find your solutions at pantene.com

Style Solutions

PRO TIPS FOR GETTING THE HAIR YOU WANT!

CURLY HAIR



BEFORE

"The twists and turns in curly hair can cause the cuticle to lift," explains Pantene Senior Scientist Jeni Thomas, Ph.D. The result? Hair that's rough and dry.



PROCESS

Lust-worthy curls start with smoothing hair fibers, and **Pantene Pro-V's Curly Hair Series Dry to Moisturized System** delivers targeted moisture to weak spots to help seal and define curls while providing all-day frizz control.

PRO TIP: Danilo defines curls with a dime-size amount of **Pantene Pro-V's Curl Shaping Gel**. "Use your fingers to loosen and separate curls, working the gel through your hair as you go."



COLOR-TREATED HAIR



BEFORE

Keeping your color-treated hair bold can be a challenge. "That's because color-treated hair is more porous and allows water to wash your color away," explains Thomas.



PROCESS

Pantene Pro-V's Color Hair Solutions Color Preserve Shine System helps return color-treated hair to its original water-repellent state, giving it a new protective outer layer while gently removing dulling deposits for vibrant color.

PRO TIP: "Oil from your scalp is a dulling culprit," notes Danilo, who always washes color-treated hair before styling. For a finishing touch, he uses hairspray and then smooths the hair from root to tip with his palm.

*Hair damaged from over-styling? A key step in repairing the surface of damaged, porous fibers is **Pantene Pro-V's Color Nourishing Treatment**. Used once a week, it leaves hair with multidimensional shine.*



**At P&G's request, Redbook and Pantene collaborated to conduct a research study among 712 Redbook opt-in subscribers who received free product for a 1-day trial of the Pantene Curly Hair Series Dry to Moisturized Shampoo & Conditioner, Curl Shaping Gel, and Deep Moisturizing Treatment or Pantene Color Hair Solutions Color Preserve Shine Shampoo & Conditioner and Color Nourishing Treatment. Number signifies those agreeing or strongly agreeing with statements about the Pantene system they tested.

It's the month we celebrate love, so Pantene's helping you learn to love the hair you have! It begins with knowing the hair you have...and Pantene's labs have made it easy, uncovering hair's 4 unique structural identities and creating **4 custom solutions**. Read on to find yours and get the look with style advice from **Pantene Celebrity Stylist Danilo**.

Danilo's secret for perfect curls? A classic curling iron! Blow-dry hair completely and twist 1/2-inch sections of hair around the outside of a 1-inch barrel curling iron. Your new look is highly defined, flirty and frizz-free.

Note: Model featured was professionally cut and styled.



AFTER

MEDIUM-THICK HAIR

Women with thick hair know frizz is their hair's worst enemy. "With more protein than fine hair, thick hair acts like a humidity magnet," explains Dr. Thomas.

To smooth hair's cuticle and help lock out humidity, Thomas suggests **Pantene Pro-V's Medium-Thick Hair Solutions Frizzy to Smooth System**. Once unruly hair can now flow freely and is protected from friction-related damage.

PRO TIP: To keep thick hair from appearing heavy and lifeless, Danilo suggests strategically placed layers.



FINE HAIR

"Anyone with fine hair knows it can be hard to keep styles from going limp. That's because fine hair has 50% less protein than thick," notes Dr. Thomas.

Pantene Pro-V's Fine Hair Solutions Flat to Volume System contains micro-boosters that prepare fine hair's structure to achieve lasting volume. Add **Pantene Pro-V Root Lifter Spray Gel** for a style that lasts all day.

PRO TIP: Danilo suggests shorter cuts for fine hair which create the appearance of thicker hair.



90%
OF REDBOOK SUBSCRIBERS
*who participated in a product test of the Curly and Color solutions agreed they would recommend the Pantene collection they tried to a friend.***

Note: Model featured was professionally cut and styled.



AFTER

TEXT-TO-TRY FOR FREE!* Do you have color-treated hair?

Text **COLORSAMPLE** to **59999** to receive a sample of the **Pantene Color Hair Solutions Color Preserve Shine System!**

*Mobile offer sponsored by Hearst Communications, Inc. 2ergo has a NO SPAM promise. Limit 1 per household ages 18 & up while supplies last. Msg and Data rates may apply. For help, text **HELP** to 59999. Text **STOP** to 59999 to cancel. See promotional page in this issue for details.

Rule #1: Always love what you wear. (Yes, *always*.)



Dazzling in her signature cardi-and-dress combo.



Tracy Reese thinks an outfit sets the tone for your day. Follow her advice and get in a great style mood!

If you look good, you'll feel good/smart/ready to conquer. That mantra inspires designer Tracy Reese when she's creating her beloved retro-meets-modern dresses—and when she's figuring out what to throw on every morning. The best news: Style confidence doesn't require big bucks—or 50 try-ons. Just...

■ **Dress to inspire yourself.** "Figuring out what to wear is much easier if you first think about what effect you want to create. When I have a day of sketching scheduled, I get creative with bold colors and prints. If I have meetings, a white top and black skirt help me get down to business."

■ **Add specialness.** "A statement necklace glams up any outfit without feeling like too much. [For proof, check out the cool vintage one she's wearing at right!] Or maybe wear a comfortable jersey dress on weekends instead of jeans."

■ **Keep your feet happy.** "I'm on mine all day, so flats are my go-to shoe. I love ones from Miu Miu because they're usually embellished and funky. Plus, they last forever."

▶ She's lugging... a notebook she tucks money in ("Finding it later is a happy surprise"), reading glasses, a gaggle of lipstick and gloss, Colgate Wisp toothbrushes and 5 Gum, her iPod Shuffle, and shoe-stretch liquid ("I'm always whipping it out for friends who are breaking in shoes"). Glasses, Corinne McCormack, \$58; eye-bar.com. Maybelline New York Color Sensational Lip Gloss, \$6.49, and Shine Sensational Lip Gloss, \$5.99. Yves Saint Laurent Rouge Pur Couture Pure Color Lipstick SPF 15, \$30; yslbeautyus.com. Bobbi Brown Lip Color, \$22; bobbibrowncosmetics.com.



Tracy's "quirky-classic" style hinges on girly details: Cardigan, J.Crew, \$70; jcrew.com. Dress, Tracy Reese, \$398; Olive & Bette's, NYC, 212-712-0473. Flats, Klub Nico, \$129; shopklubnico.com. Necklace, her own; check flea markets and vintage stores for one you love.



Tracy's little-bit-funky Celine hobo (above), and a cheaper but just-as-cute double (left): Pietro Alessandro, \$289; pietroalessandro.com.



BAG X-RAY

She could easily restock a Walgreens with what's in here.

Tiffanie B. says:

LOVE YOU,
Skinny Cow!

XOXO,

my

Butt
& THIGHS

Hey, Tiffanie B's butt and thighs: We love you, too! Huh. That sounded kinda weird, didn't it? Maybe we shoulda just said we're thrilled you love our 100 calorie Chocolate Truffle Bars and left it at that...

Check us out at [Facebook.com/TheSkinnyCowUS](https://www.facebook.com/TheSkinnyCowUS)



Good Food. Good Life

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.



Warm up—and look hot!—in a sweater dress



◀ Be party-ready in a snap

With gold accessories and sexy heels, it's festive and, yes, foxy. Clutch, SR Squared by Sondra Roberts, \$70; sondraroberts.com. Earrings, Kevia, \$100; kevia.biz. Heels, Pour La Victoire, \$250; bloomingdales.com.

The A-line shape of this dress skims flatteringly over your figure—no lumps or bumps here! Dress, Autumn Cashmere, \$297; autumncashmere.com.

Pair it with an elegant and cute —so Grace Kelly. When the weekend rolls around, slip a knit

 over it, then cinch the waist with a  and finish the look off with a big artsy . Where's that free trip to Aspen

when you need it, right? Or take it to Paris (in your mind) with a perfectly ladylike and some insanely fun . *C'est magnifique!*



▲ Sweeten your office staples

Throw a jacket over the dress and be superpolished yet supercomfortable. Could there be a better combo? Blazer, H&M, \$39.95; hm.com for store locations. Scarf, Fraas, \$28; 212-575-0191, fraas.com. Necklace, Newport News, \$24; newport-news.com. Booties, Matiko, \$165; endless.com. Bag, Talbots, \$225; talbots.com.

Handbag, Nila Anthony, \$54; shockboutique.com. Flats, Joan & David, \$220; 800-999-1877 for stores. Sweater vest, Gap, \$49.50; gap.com. Belt, Raina Belts, \$185; 513-321-6930, shopsohoboutique.com. Cuff, Kendra Scott, \$150; kendra-scott.com. Jacket, Gracia, \$80; shopgracia.com. Heels, Isabel Toledo for Payless, \$44.99; payless.com.



Color up by your face really flatters.

◀ Be the cool girl next door

All-American standards—a denim jacket and biker boots—lend the dress a relaxed, rugged vibe.

Jacket, Guess, \$118; guess.com. Scarf, Banana Republic, \$60; bananarepublic.com. Bag, Rampage Handbags, \$118; Therapy, Oxford, MS, 662-234-9907. Boots, AMI Clubwear, \$32.99; amiclubwear.com.



Go preppy-chic (emphasis on chic) ▶

Add a gingham shirt, stitched flats, and an ID bracelet and the result is a modern take on country-club-wear.

Shirt, Barbour, \$99; 800-338-3474, barbour.com. Bag, Hunter Boot, \$375; Nordstrom. Bracelet, Fred Flare, \$12; fredflare.com. Flats, 7 for All Mankind, \$195; 7forallmankind.com.



▲ Raise your cozy quotient

A big cardigan gives you even more snuggle-up-to-me appeal; with thick tights, these heeled clogs feel very *Ladies of the Canyon*.

Cardigan, Ann Taylor, \$128; annaylor.com. Ring, Allison Daniel Designs, \$88; allisondanieldesigns.com. Necklace, Kenneth Cole, \$125; select Macy's. Clogs, Forever 21, \$24.80; forever21.com.



WHAT WOULD Victoria Beckham DO?



ROCKER-ISH

Low-cut on top, tight on the bottom: VB makes even casual style sizzle.



It's the same jacket!



SHARP

She nails that take-no-prisoners suit look by keeping everything clean-lined and black.



BOMBSHELL

Okay, the hemline is high, but try the idea of a gorgeous-color dress and minimal accessories.

Steal Posh's style! Seriously, nobody looks more sexy/sleek—and we all need a dose of that.



■ Skinny gray jeans are her go-to; she polishes 'em up with platform pumps, a big bag, and a major watch.

Heels, Charles by Charles David, \$99; Charles David stores. Jeans, BlankNYC, \$78; bloomingdales.com. Watch, Timex, \$75; timex.com. Bag, La Diva Italian Designs, \$110; Bersel Handbags, Brooklyn, NY, 718-871-4474.



■ A sharp-shouldered jacket creates dozens of cool outfits. It's equally good for cocktails or just thrown over a tee.

Jacket, McGinn Collection, \$282; Confederacy, Los Angeles, 323-913-3040. Tee, Local Celebrity, \$28; localcelebrity.com.

■ They're simple in shape, but the color of these dresses is so juicy, all you need to add is heels and giant shades.

Dresses, from top: The Limited, \$98; thelimited.com. Nada, \$365; nadadesigns.com. Sunglasses, US Polo Assn., \$26; Sears. Heels, Savage, \$299; City Soles, Chicago, 773-489-2001.



APRIL 3RD
THE MOMENT IT ALL
BECAME SO NATURAL.



CELEBRATE LOVE'S MOMENTS. THE FIRST TIME YOU KNEW IT WAS REAL. THE LAST TIME YOU ESCAPED TOGETHER. EVERY TIME THE SPARK BURNS BRIGHT. KEEP LOVE'S MOMENTS WITH YOU FOREVER. IN THE UNIQUE HANDMADE DESIGNS OF PANDORA.
PANDORA.NET

PANDORA™
UNFORGETTABLE MOMENTS

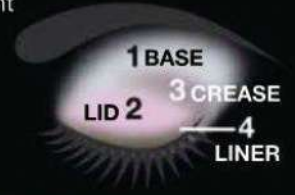


FOR
**PERFECT
PASTEL
EYES**
JUST SWEEP
THE BRUSH **x4**



EXPERTWEAR® EYESHADOW

EASY TO USE. LOTS TO CHOOSE. 51 SHADES.
The freshest custom color combinations
and step-by-step guide make getting
the eye look you want
easier than ever.



maybelline.com

MAYBELLINE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.

Christy is wearing ExpertWear® Perfect Pastels Eyeshadow Quad in Seashore Frosts and Volum' Express® One by One™ Mascara in Very Black. ©2011 Maybelline LLC.



BEAUTY & HEALTH

INFO TO HELP YOU LOOK AND FEEL GREAT

ALL THE TRICKS FOR

Gorgeous D.I.Y. haircolor (that comes out pro-perfect)

Go ahead and gloat about mastering great at-home color with pro tips they never put on the back of a drugstore box, including: ● How to sample your color safely ● The low-maintenance look that celebs are loving right now ● The product that perks up your color—instantly! By Ayren Jackson-Cannady



USE A NEW KLUTZ-PROOF FORMULA

Foam dyes make for easy cleanup: no drips! Better yet, these products puff up like mousse, so they're simple to spread on without missing a spot. Three to try: Clairol Nice 'N Easy Color Blend Foam, \$10; Samy Fat Foam Permanent Hair Color, \$9.99; L'Oréal Paris Healthy Look Sublime Mousse, \$9.99.

TRY BEFORE YOU DYE



From left, Penelope Cruz, Melanie Griffith, and Natalie Portman slip into character (and a brand-new haircolor).

You really can't tell if a haircolor will flatter you just by staring at that mind-boggling wall of home kits. (And why do so many of the models on the boxes look like they've been bonked on the head?) Nikki Ferrara, a colorist at Sally Hershberger Salon Downtown in New York City, has a better idea: Sample wigs at a beauty supply store. "The right shade will bring out the color of your eyes and warm up your skin," she says. Once you hit the jackpot, look for a match at the drugstore.



SHINE LIKE A STAR



If you're blonde (or blonde-ish): Try the halo effect. "Going lighter on top creates a sun-kissed look," Ferrara says. Spot-lighten with John Frieda Sheer Blonde Go Blonder Controlled Lightening Spray, \$9.99, which is activated when exposed to the heat of your blow-dryer. **If you're not:** Great news! A more vibrant color doesn't *always* require highlights. Go rich with a monochromatic shade. To keep it from looking flat, choose a warm (think auburn, not ash) tone. From top, Kristen Bell lightens her crown, while Mandy Moore chooses glossy chestnut, minus the highlights.



Soothe your scalp

It's an old trade secret: Protect a sensitive scalp from the chemicals in hair dye by adding two packets of Sweet'N Low and an ounce of skim milk to your color formula before applying. We don't know why, but it works.

Stretch your color



You typically need to re-dye every four to six weeks, but this preservation plan can buy you an extra week or two.

One day before: Pump moisture into hair with a hydrating mask. "You wouldn't paint peeling nails with a fresh coat of lacquer, so why put hair dye on dry, damaged strands?" says New York City colorist Rita Hazan. When your hair is hydrated, the color takes more evenly, which means it'll look vibrant longer. We like Bumble and Bumble Quenching Masque, \$36.

The day after: Use a color-protective, sulfate-free shampoo (sulfates are lathering agents that can strip your color). Try Bed Head Colour Combat Colour Goddess Shampoo, \$16.95.

One week later: Baby your hair with a weekly deep conditioner such as Pantene Pro-V Color Nourishing Treatment, \$3.99.

Two weeks later: Use an at-home clear glaze, which will perk up fading color, making it look richer and shinier, explains Patrick Melville, owner of the eponymous salon in New York City. Try Aveeno Living Color Shine Glaze, \$7.49.

CELEBS: CLOCKWISE FROM BOTTOM LEFT: FILM MAGIC/GETTY IMAGES; WIREIMAGE/GETTY IMAGES; SONY PICTURES CLASSICS/COURTESY OF EVERETT COLLECTION; MGM/COURTESY OF EVERETT COLLECTION; COLUMBIA/COURTESY OF EVERETT COLLECTION. MILK: ISTOCKPHOTO.COM. ALL OTHER STILLS: PHOTOGRAPHED BY GREG MARINO/STUDIO D.

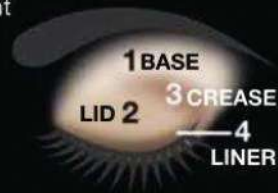


FOR
**CHIC
NATURAL
EYES**
JUST SWEEP
THE BRUSH **x4**



EXPERTWEAR® EYESHADOW

EASY TO USE. LOTS TO CHOOSE. 51 SHADES.
The freshest custom color combinations
and step-by-step guide make getting
the eye look you want
easier than ever.

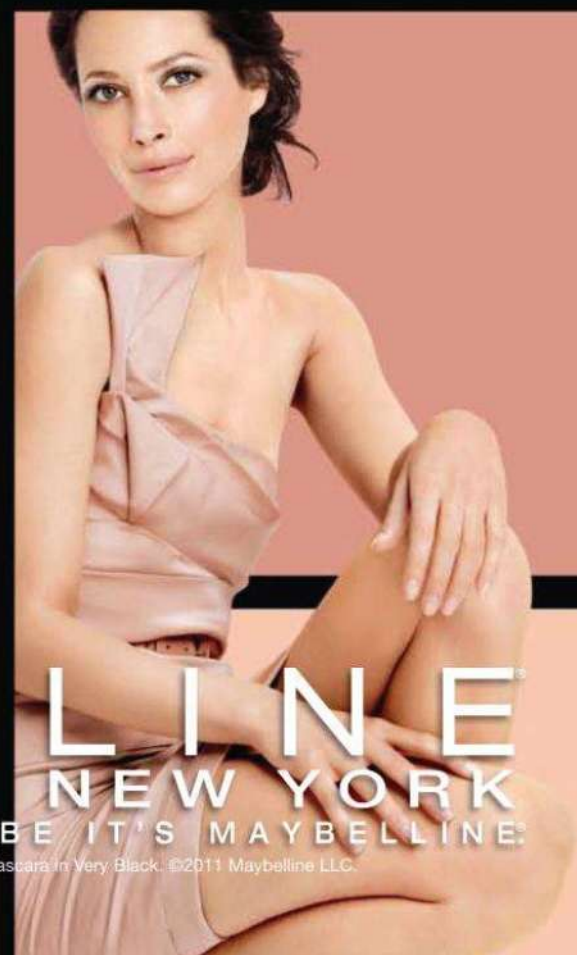


maybelline.com

MAYBELLINE® NEW YORK

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®

Christy is wearing ExpertWear® Chic Natural Eyes Eyeshadow Quad in Designer Chocolates and Great Lash® Mascara in Very Black. ©2011 Maybelline LLC.



FINDS THAT **SOLVE** PROBLEMS, WORK FAST, AND GUARANTEE **SEXINESS.**



1 Foreplay for frazzled people Spritz your sheets with this—the lush scent will get you right in the mood. Amala Aroma Apothecary Rose Room & Linen Mist, \$24.

2 Instant afterglow Swirl a brush over these pretty pebbles of color to burnish your eyes, cheeks, and lips. Pür Minerals Exotic Rocks Trio, \$28.

3 Notice-me nails There's nothing subtle (and we like that!) about OPI's new Texas Collection. Big Hair...Big Nails lacquer, \$8.50.

4 Juicy kisses Get a little fresh color and a whole lotta moisture with Clinique's Chubby Stick Moisturizing Lip Colour Balm in Woppin' Watermelon, \$15.

5 Bonded for life We're wowed by Nexxus Pro-Mend Split End Binding Overnight Treatment Crème, \$14.99, which not only coats but *repairs* (using over-our-head science) frayed strands.

6 Compact cream This sleek pod of Eos Hand Lotion, \$3.99, fits perfectly in your palm or coat pocket for softer hand-holding.

7 Eye candy Play it safe with the shades that complement your eye color, or let loose and experiment. Physicians Formula Shimmer Strips Custom Eye Enhancing Gel Cream Liners Glam Collection, \$10.95.

8 Hair magic Run the wand over frizzes and poof! They're gone. John Frieda Full Repair Touch-up Flyaway Tamer, \$8.

9 Painless plumper That funny tingly feeling should be in your stomach, not your lips. Get extra pouty with Votre Vu Champagne Kisses, \$29; it enhances volume without the ouch factor.

10 Grainy and grainier The geniuses behind Sephora Smart Dual Action Exfoliator, \$24, know that cheeks need a gentler scrub than the T-zone. The result: two textures, side by side.



WE'RE ON A MISSION TO RESCUE DRY SKIN.

VASELINE® INTENSIVE RESCUE®
ACCELERATES HEALING  NON-GREASY MOISTURE

We're against dry skin. That's why we gave Vaseline® Intensive Rescue® to women who were constantly searching online for a solution to their dry skin. The results are in - women across the web reported that their skin was healed without the greasiness. But our mission won't be over until we eliminate dry skin for every woman, everywhere.

Join our Mission at dryskinrescue.com





SCREEN GRAB

Use Minka's look-fresh tricks

Minka Kelly is 30, but she plays a cute coed in the new thriller *The Roommate* (imagine *Single White Female*, *The College Years*). Minka's on-set makeup artist, Phyllis Temple, and hairstylist, Larry Waggoner, told us how they took 10 years right off her.

Naked skin: "I wanted her skin to be youthful and dewy—like she wasn't wearing any makeup," says Temple, who chose the sheerest of sheer bases: Armani Luminous Silk, which is lightweight and adds a slight sheen.

Pretty cheeks: "Julie Hewett's Bud of Rose powder blush is my all-time favorite," Temple says. "It adds a soft, pink glow—Minka loved it."

Shiny hair: To make Minka's "thick, moppy hair" sleek, Waggoner coated her ends with Moroccanoil, which he sealed in with heat from an extra-large curling iron. "The combination creates a glossy finish."



Giorgio Armani Luminous Silk foundation No. 8, \$59. Julie Hewett Bud of Rose powder blush, \$24. The Original Moroccanoil Treatment, \$40.80.

DO ONE THING, LOOK YOUNGER

Wear mittens!

We don't care if we sound like your mother, because it's about more than keeping warm. "Winter-worn hands can make you look older," says Diane Berson, M.D., a clinical professor of dermatology at Weill Cornell Medical College in New York City. Dry, cold air strips skin of moisture, leaving hands flaky, dull-textured, even—egads!—crinkly.

"Wearing mittens or gloves protects the skin's barrier," Berson says. Better yet, slather on a rich hand cream for a treatment-like dose of moisture.



Convertible gloves, Lands' End, \$26.50.

DO I NEED...

A professional flat iron?

Supercharged irons are now on the not-pros-only market, but only women with coarse, bushy, or kinky hair really benefit from their highest heat settings (up to 450°F). Those temps are intended for in-salon treatments, explains celebrity hairstylist Tippi Shorter, who coifs Jennifer Hudson and Alicia Keys. If you don't know how to wield a pro iron at home, you could end up with fried hair. "Most women think the hotter the better," says Shorter, who has seen way too many clients with singed strands. "But if it's too hot for your hair type, you'll strip away essential oils and damage the shaft." If you must go pro, play it safe at 250°F or 300°F for fine hair; for medium-textured or relaxed hair, keep the dial between 300°F and 350°F.



SalonTech Silicone 450 Flat Iron, \$200.

Jenny Craig®

NEW

METABOLIC MAX PROGRAM

BECAUSE NO TWO PEOPLE ARE ALIKE



Introducing weight loss personalized to *your* metabolism!

Now we monitor calories in *and* measure calories out. So you and your consultant can track and adjust your program for maximum healthy weight loss.

See what happens when we add the latest technology to our signature program.

Jenny Craig's Metabolic Max Program is available in centres or through Jenny Craig At Home.

Whichever you choose, it's the more personalized way to lose weight.

Call Jenny Today!

1-866-656-0970

Limited Time Offer

FREE Week of Jenny's Cuisine®

That's 7 Breakfasts, 7 Lunches, 7 Dinners and 7 Snacks!

Offer expires 2/28/11. Available at participating centres and Jenny Craig At Home. Full priced premium program enrollment required. For At Home program only available with 2 and 4 week orders. Cannot be combined with any other offer/discount. Shipping charges and other restrictions may apply.

MENTION DISCOUNT CODE M64 WHEN YOU CALL

The Jenny Craig Metabolic Max Program includes the BodyMedia FIT™ Armband. BodyMedia, the "Four Circle" logo, BodyMedia FIT and the BodyMedia FIT logo are trademarks and/or registered trademarks of BodyMedia, Inc.

BEAUTY CONFESSIONS

AFRAID OF MAKEUP **MISTAKES** AND THINGS THAT GO **BUMP** ON YOUR **SKIN**? TURN TO BEAUTY DIRECTOR CHERYL KRAMER KAYE.



I'll go first.... One of the scariest things I've ever seen was a girl with blonde hair, blonde eyebrows... and black *eyebrow roots*. Could that happen to me if I dyed my brows to match my lightened hair? Who should—and shouldn't—dye her brows? I asked my colorist, Rita Hazan, who explained: "Eyebrows shouldn't *match* your head hair; they should be a little darker. If you're going one or two shades lighter, don't even touch your brows. But if you're making a big change, soften them by tinting them with home haircolor: a lighter shade of brown for blonder shades, a golden shade if you're dyeing your hair red." Leave the color on for just five minutes—much shorter than you'd leave it on your head. Or ask your colorist to tint them (usually for free!) when you get your color done.



My new brow shade: Clairol Nice 'n Easy in Natural Light Caramel Brown, \$8.

Benefit Creaseless Cream Shadow/Liner in Tidal Wave, \$19; Smashbox Limitless Eye Liner in Peacock, \$19.

I'm too old for bright eyeliner, but I love the trend. Not allowed, right?" —M.R., 37

I'm in the same boat, and Tarte Cosmetics makeup artist Tracy Davis says that women over 30 (okay, in my case, over 40) *can* wear vivid eyeliner, just not by itself. "Pair bright blue or green liner with shadow in the same tone, and wear navy or forest-green mascara," she advises. Sounds like a lot of color, but it actually softens the liner—and still looks cool!

I spend \$70 on my concealer. I could buy my kid a coat for that! How can I justify this kind of purchase?" —Y.W., 43

A great concealer is a powerful tool, neutralizing all manner of blotches, insomnia, and debauchery; its value cannot be underestimated! And I promise your child will be just as warm in a hand-me-down coat from her cousin (plus, the concealer will probably last longer). But if you're racked with guilt, there are excellent cheapies out there. The \$9 Revlon Age Defying Moisturizing Concealer I have in my makeup bag right now is pretty damn good.

A tired mother's little helper: Clé de Peau concealer in beige, \$70—and worth every penny.

I discovered a skin tag (yuck) in my armpit! What can I do to get rid of it?" —J.R., 35

For those of you who haven't had the pleasure, skin tags are generally small, benign growths that appear on parts of the body that tend to get a lot of friction: armpits, eyelids, under-boobs, etc. "There's no way to prevent them," says New York City dermatologist Heidi Waldorf, M.D. "But removal, usually just a quick snip, is pretty painless." Don't try this at home, adds Waldorf, who reminds us that dermatologists have sharp, sterilized tools for the job (and you do not).

OMG! BEST THING EVER

You know how some things just smell expensive? Well, the new fragrance from Hermès (they of the gorgeous silk scarves), Iris Ukiyoé, fits the bill. It smells as if an expensive arrangement of irises made love to an expensive bunch of orange blossoms on an expensive bed of roses. And the resulting bouquet is exquisite—and expensive. \$235. Sigh.

Have a dirty little beauty secret? Tell it to confessions@redbookmag.com. (Please include your initials and age.) Cheryl could help you in REDBOOK!



HOW WILL HE
EVER GROW UP TO BE THE
FIRST DOG
ON THE MOON

★
WITH BRITTLE BONES, BAD TEETH AND
A WEAK IMMUNE SYSTEM?



Nutro® Natural Choice® Puppy helps pups reach their full potential with our targeted natural solutions. Including high-quality natural ingredients that promote the growth of strong bones and teeth. And our exclusive **Smart Start**® formula with ALA and DHA for healthy brain development. Learn more about natural puppy nutrition and health at our **Nutro**® Puppy website. Available only at pet specialty stores.

NutroPuppy.com

Nature knows best™



©/TM Trademarks © The Nutro Company 2010



Q

My boobs deflated after breast-feeding. What can I do?

Gravity got you down? Our experts can help.

A



THE OB/GYN SAYS:

"When you're breast-feeding, your breasts swell, which stretches the surrounding skin. Once milk production stops and they go back down, the skin doesn't

Mary Jane Minkin, M.D., clinical professor in the department of obstetrics, gynecology, and reproductive science at Yale University School of Medicine

always tighten up again." The depressing result: Breasts can look deflated and smaller than they were pre-baby. "They may bounce back—typically within nine months to a year after breast-feeding—but there's no way to predict it," Minkin says. She says prevention is your best defense: "Moisturizing skin during pregnancy and nursing keeps it elastic and possibly more resilient." If it's too late for that, the estrogen boost and slight weight gain from birth-control pills may bump up your bustline. "I've also seen patients get a very slight lift from chest exercises," says Minkin. Try push-ups and chest flies.

A



THE BRA EXPERT SAYS:

"At the shop, we call this 'relaxed breast tissue.' Look for bras with graduated pads—thickest at the bottom of the cup, thinner toward the top—for the most natural boost." Removable

Rebecca Apsan, owner of *La Petite Coquette* lingerie shop in New York City and author of *The Lingerie Handbook*

pads (check out the natural-feeling set we found, below) are also helpful if one breast is larger—a common post-nursing phenomenon, especially if your munchkin favored one side. "These styles give you the shape, support, and oomph you've lost," says Apsan, who says a big mistake new mothers make is thinking they're the same size they were pre-baby: "Your cup and band size may be smaller after breast-feeding, or larger if you haven't dropped the pregnancy weight. You may need to try on tons of bras to find the one that's most flattering for your new figure."

A



THE PLASTIC SURGEON SAYS:

"New moms come to me saying, 'My breasts used to have a good shape, and now they're droopy.'" Eaves, who estimates that more than half of his patients are moms in their 30s, 40s, and 50s, suggests a lift, implants, or a combo of both. "It's a misconception that you have to get implants to restore fullness," he says (if your breasts are full but limp, a lift does the trick by pulling up the saggy skin), "but if you don't have enough breast tissue, you'll need implants to get fullness." Expect to pay \$3,500 to \$4,500. Risks include a decrease in nipple sensation or hardness due to scar tissue, and you may have to get your implants replaced at some point. Eaves says, "I suggest putting off surgery if you plan on having more children. Another cycle of pregnancy and breast-feeding will only stretch and change the breasts again."

Felmont Eaves III, M.D., associate clinical professor at the University of North Carolina

BOSOM BUDDIES



Mustela Specific Support Bust, \$27.



Birth control can increase cup size.



Chest exercises might give you a little lift.



Soma Intimates Essence Holly Bra, \$42, with graduated padding.



Pure Style Girlfriends Bump-A-Cup inserts, \$29.99.

PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Important Safety Information About PRISTIQ®

Suicidality and Antidepressant Drugs
Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

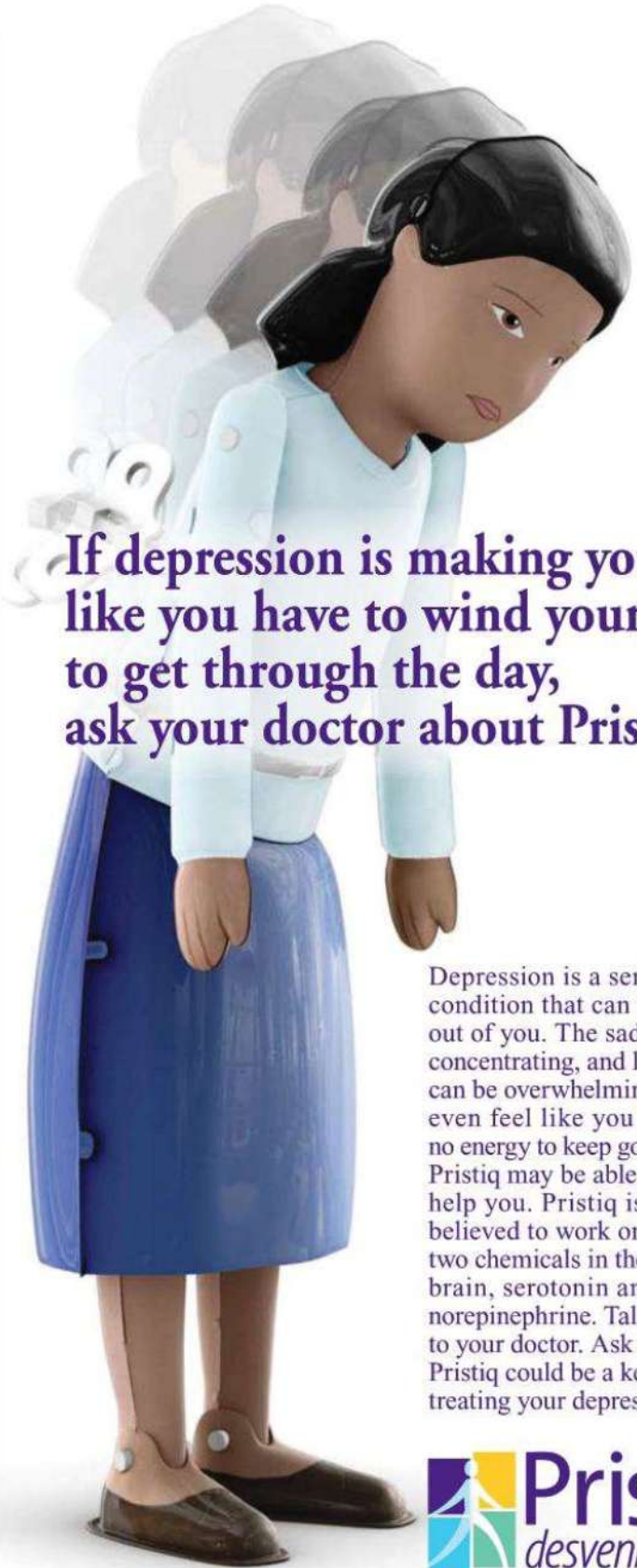
People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.



If depression is making you feel like you have to wind yourself up to get through the day, ask your doctor about Pristiq.

Depression is a serious medical condition that can take so much out of you. The sadness, trouble concentrating, and loss of interest can be overwhelming. You may even feel like you have no energy to keep going. Pristiq may be able to help you. Pristiq is believed to work on two chemicals in the brain, serotonin and norepinephrine. Talk to your doctor. Ask if Pristiq could be a key in treating your depression.



 **Pristiq®**
desvenlafaxine
EXTENDED-RELEASE TABLETS

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Visit Pristiq.com or call 1-800-PRISTIQ (1-800-774-7847)

IMPORTANT FACTS ABOUT

Pristiq®
desvenlafaxine
EXTENDED-RELEASE TABLETS

(pris•teek')
Pristiq® -
(desvenlafaxine)
Extended-Release
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq? Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

• Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines

such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- irritability
- abnormal dreams
- diarrhea
- nausea
- sleeping problems (insomnia)
- tiredness
- headache
- anxiety
- sweating

• Seizures (convulsions)

- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.

- **Allergic reactions.** Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- insomnia
- diarrhea
- decreased sex drive
- headache
- constipation
- vomiting
- delayed orgasm and ejaculation
- dry mouth
- loss of appetite
- anxiety
- sweating
- sleepiness
- tremor
- dizziness
- tiredness
- dilated pupils

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines?

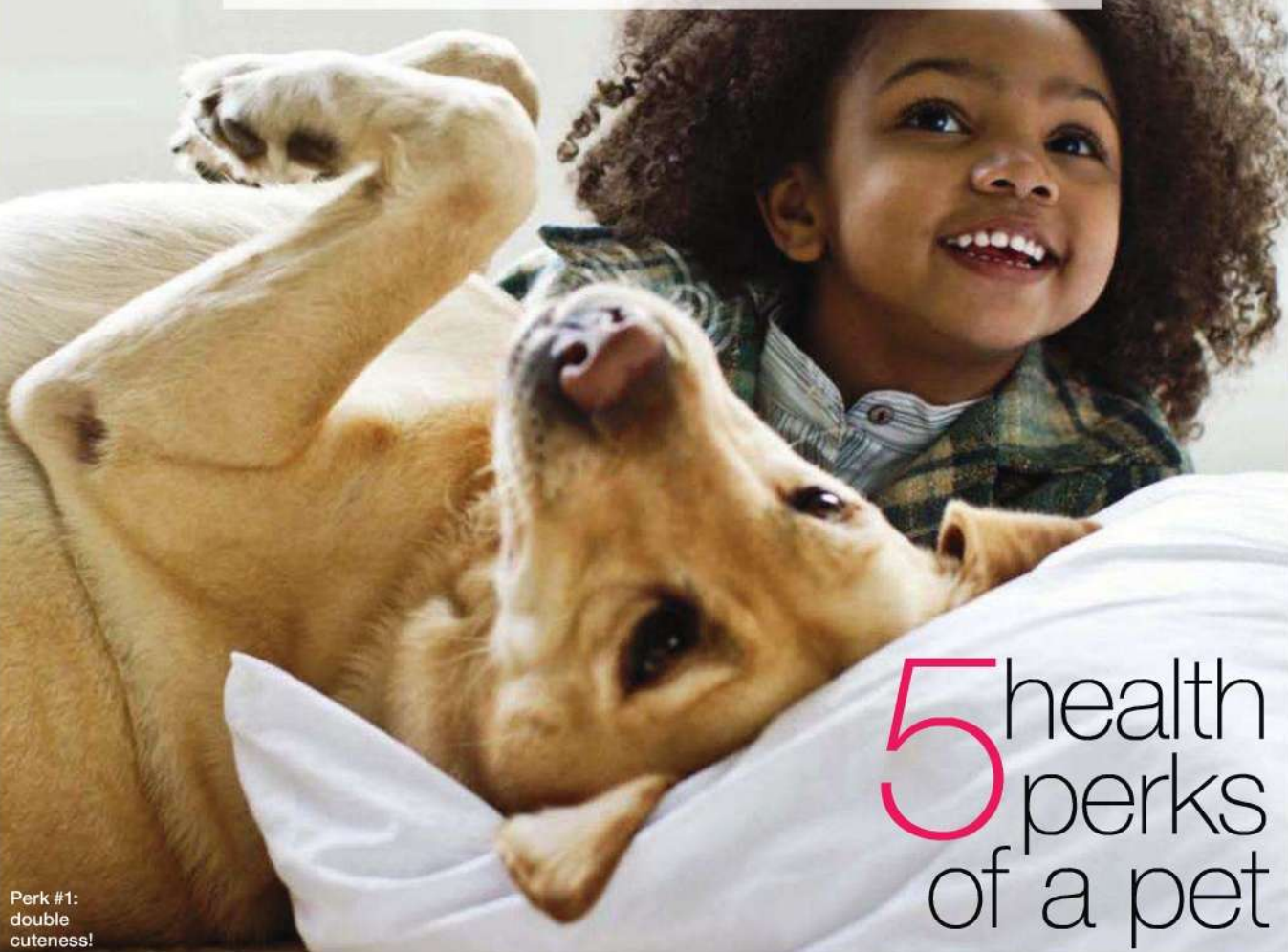
Pfizer has programs that can help. Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com.

**helpful
answers**



HEALTHY YOU GUY KIDS

STAY-WELL NEWS FOR YOU AND EVERYONE YOU LOVE



Perk #1:
double
cuteness!

5 health perks of a pet

WARNING: Your kids could use this information against you. But getting a pet has upsides that may cancel out vet bills and muddy paws, says Christine Carter, Ph.D., a sociologist and the author of *Raising Happiness*. “Pets can have enormous happiness and health payoffs,” she says. The reasons to (maybe) give in and get one, even if it means dog hair everywhere:

They fight weight gain. The answer to childhood obesity could be at the local pet store or animal shelter. Kids with dogs took 360 more steps and exercised 11 more minutes daily than those without dogs, a recent study from St. George’s, University of London found. Put kids in charge of daily walks to maximize the benefit (and to minimize *your* doggy-related chores).

They bring on the calm. Cuddling with a furry friend helps children relax. “Petting animals tends to slow our heart rate and make us feel calmer,” Carter says. Adult pet owners also had lower blood pressure when responding to stress than their petless peers, researchers at the

State University of New York, Buffalo found. Plus, taking care of animals teaches kids empathy and increases their emotional intelligence, other research has noted.

They help kids (and parents) cope. Having a four-legged pal can help children get through tough times like moving to a new school or dealing with their parents’ divorce, says Susan Dawson, Ph.D., a researcher in the United Kingdom who has studied animal therapies for traumatized Bosnian children. How? Pets provide unconditional love and companionship and encourage play and laughter, which is also why animals may help adults dealing with depression.

They combat allergies. Dogs might be best known for warding off intruders, but they may stop sniffles too. Kids who live with a pet are 50 percent less likely to develop allergies, a study from Detroit’s Henry Ford Hospital and the Medical College of Georgia shows, possibly thanks to compounds called endotoxins found in the mouths of cats and dogs. No need to French-kiss Fido: Kids are exposed to them through petting, wrestling, and play. —SARAH JIO

calm joy moxie
 drive
 shine sass
 pizzazz oomph sparkle
 excitement
 confidence
 peace momentum
 hope guts pep
 resolve
 nerve spirit

WHAT WILL YOU *gain* WHEN YOU LOSE?™

Take **The Special K Challenge.**™ Lose up to 6 lbs. in 2 weeks.
Free personalized plans + great offers at SpecialK.com.



Consult your physician before starting any diet or exercise program. Average weight loss when replacing meals with two cereal meals is 4.8 pounds. Weight loss may vary. ©, TM, © 2011 Kellogg NA Co.

Make winter your **healthy** season

In summer, we go on salad kicks, slather on sunscreen, and go jogging with friends after dinner. Then cold weather crashes down on us, and we crawl into a cave of carbs and way too many episodes of *Community*. Avoid winter weight gain—and other seasonal health mistakes—with these simple strategies.

TURN OFF THE TUBE. TV producers pull out the big guns (new romances! catty spats!) to suck you in during February sweeps, but dozens of studies have linked couch-potato time with unwanted pounds. Aim to keep screen time to under two hours a day. In one study, people who slashed their TV-watching by roughly 50 percent, to an average of 1.9 hours a day, burned 120 more calories daily, mostly due to puttering around the house.

RETHINK COMFORT FOOD. In a survey, 42 percent of people said they pick foods for comfort rather than health in the winter. That usually means lots of fat and fewer nutrients. To keep your immune system strong this flu season, combine comfort and nutrition any chance you can. Instead of just plain pasta, add squash, onions, and mushrooms to marinara. Toss extra mixed veggies into noodle soups. And for breakfast, go for warm, creamy oatmeal—one little packet of instant has 5 percent of your daily intake of zinc, a mineral key to immune function.



CHILL ON YOUR GERM PHOBIA. It's tempting to suds your kids' hands with antibacterial soaps, but all that germ-proofing could make them sick. A new University of Michigan study found that triclosan, an antimicrobial commonly used in bacteria-killing cleansers and toothpastes, can increase the risk of hay fever and allergies in children ages 6 to 18. So stop going nuts with the antibacterials—good old plain soap and water kills cold and flu germs just fine.

DON'T SKIP THE SPF. Most women forget about sunscreen when it's not blazing hot outside, but that's a bad move, says Adelle Quintana, M.D., a New York City dermatologist. UVA rays (the ones that cause wrinkles, skin cancer, and DNA damage) are intense year-round, so treat yourself to a moisturizer with an SPF of 30 that contains zinc oxide, titanium dioxide, or avobenzone, she suggests.

—MARISSA CONRAD

NEVER MISS A **DOSE** AGAIN



Forgetful much? We know it's hard to remember (or to get a busy kid to remember) to take a daily pill, which is why we think the GlowCap is sort of genius. The cap signals you with lights, sounds, and text messages when you forget a dose, and can even send emails tracking how often a kid or elderly parent misses a pill. It costs a pricey \$99 at amazon.com for six months of service—but may be worth it to protect someone you love. —M.C.

HAT: J. CREW. PONCHO: GAP. PILL BOTTLE: COURTESY OF MANUFACTURER.

MAKE GREAT TASTE
YOUR FIRST

gain



MEAL 1: Special K™ Cereal



SNACK 1: Special K™ Cereal Bar



MEAL 2: Special K™ Protein Shake



SNACK 2: Special K™ Crackers

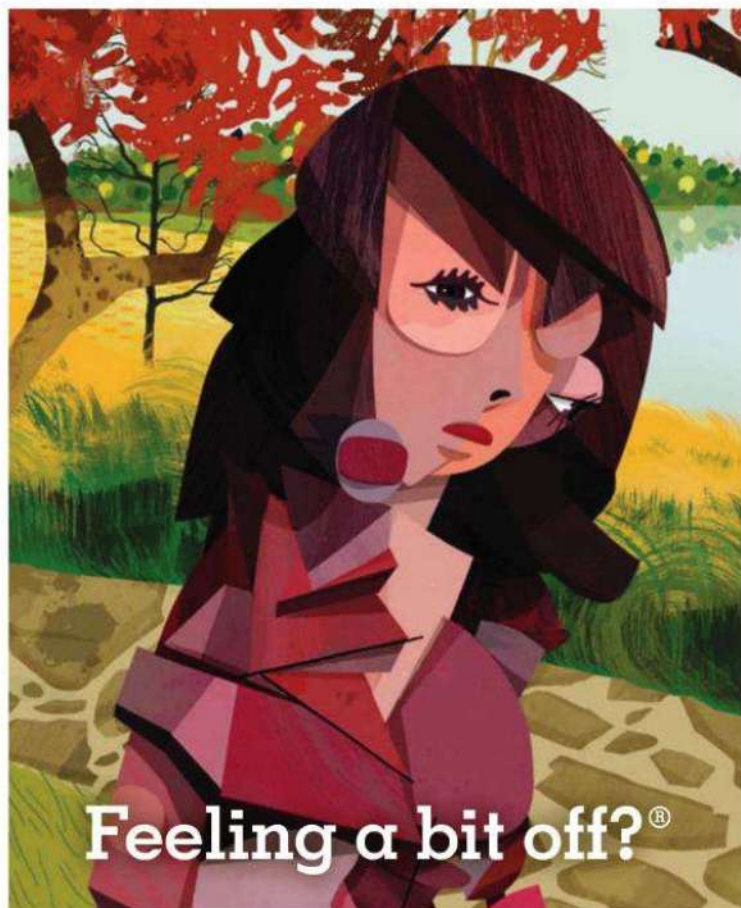


MEAL 3: Skillet shrimp
with tomatoes and feta

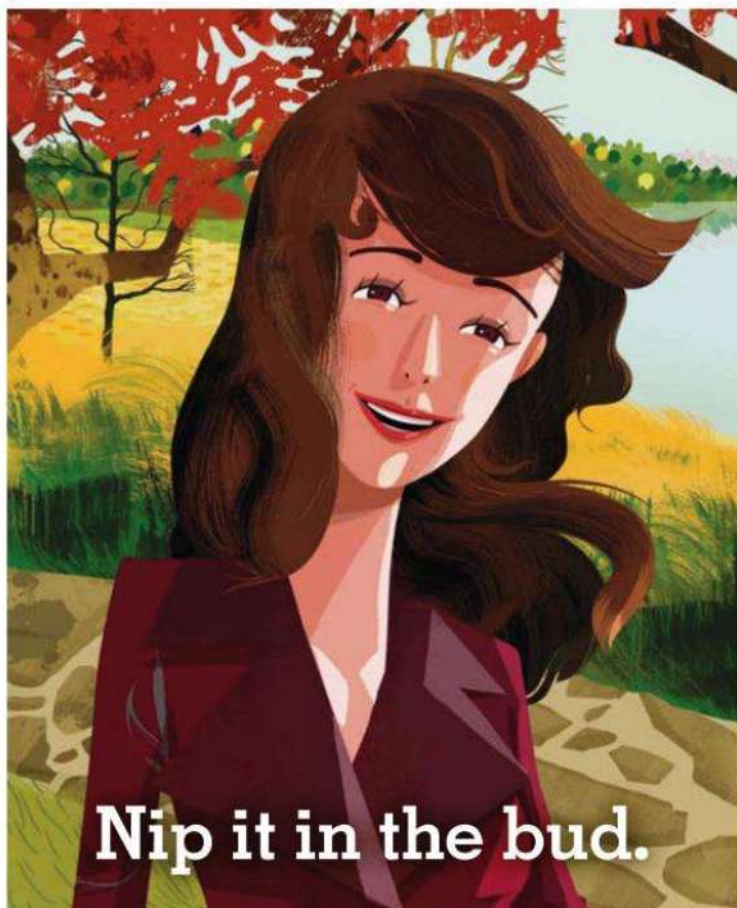
Make every day delicious
with your free personalized
plan at SpecialK.com.



©, TM, © 2011 Kellogg NA Co



Feeling a bit off?®



Nip it in the bud.

The moment you feel achy or run-down,
nip flu-like symptoms in the bud with Oscillo.®
Get Oscillo. And feel like yourself again.



Now available,
Children's Oscillo



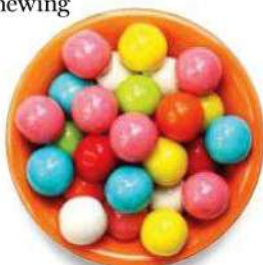
For ages 2
& older

Supported by clinical trials. Safe. No side effects.
Visit Oscillo.com for more info and a \$2 coupon.
Always read and follow label directions.

BOIRON

Try **this** for quick **energy**

Next time you're yawning at your desk at 3 o'clock, skip the caffeine run and pop a piece of gum instead. People are more alert, focused, and even cheerful after chewing gum, according to a study from Cardiff University in Wales. "Chewing stimulates your sensory nerves, increases muscle tension, and speeds up heart rate—all of which have been shown to improve alertness," says lead author Andrew Smith, Ph.D. And unlike caffeine, which fuels tension, gum may help reduce stress, Smith says: "It's possible that chewing works like exercise to make you relaxed." In the study, chewing also helped people ignore distractions and improved their attention, so it's ideal when you need to concentrate or do something mentally challenging. Choose peppermint for the biggest boost; the scent activates regions in the brain related to alertness, other research has shown. —JESSICA GIRDWAIN



Pop a (gum) ball of energy.



The problem under there could reflect his overall health.

MAN MEDICINE

My husband has put on quite a bit of weight in the last couple of years. Could that be why his little dude doesn't always snap to?

"There's absolutely a correlation between weight gain, especially in the midsection, and erectile dysfunction. Belly fat converts testosterone to estrogen, so there is less of the male sex hormone to fuel sexual function. If your guy's waist is larger than 38 inches, there's no way he's performing sexually at his peak. And after 40 inches, he's at risk for heart disease. Speaking of which, high cholesterol, diabetes, and sleep apnea can cause erection problems too. A man's erection is a barometer for his overall health, so your guy should see a doctor—not just for his sex life but for his *whole* life."

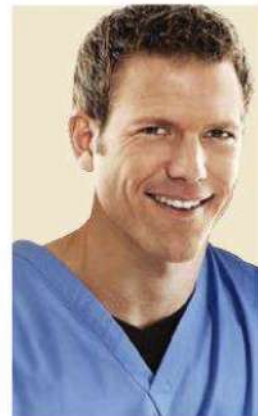
—DR. STEVEN LAMM, M.D., IS AN INTERNIST AT NYU MEDICAL CENTER AND AUTHOR OF *THE HARDNESS FACTOR*

THE DOCTORS CASE STUDY: "MY PATIENT HAD A HEART ATTACK AND NEVER KNEW IT"

Think you know what a heart attack would feel like? Read this story from Travis Stork, M.D., an emergency medicine physician at Vanderbilt Medical Center in Nashville and cohost of the syndicated talk show The Doctors. (Check local listings for times.)

"Heart disease remains the number-one killer of American women, so it's critical to know the signs. We've all heard about classic 'male' cues like chest pain and difficulty breathing, but women often have different symptoms, such as nausea, sweating, and pain in the upper back or jaw. I remember one night a woman came in feeling unusually tired. Really fatigued. I thought it could be anemia, low thyroid hormone, or a million other things, but we needed to rule out heart disease.

The only way to know was with an EKG and a blood test. Sure enough, the tests showed she was having a heart attack. We sent her to the catheterization lab to clear the blockage in her coronary artery and she survived, but she might not have if she hadn't gotten to us so quickly. What's fantastic about women is they take pride in knowing their bodies; she knew the fatigue wasn't normal for her and came in. If we catch an attack early, we have life-saving treatments, but how you take care of yourself now can determine whether you end up in the ER at all. You have the power to protect your heart by eating right, exercising, and quitting smoking."



Send your health questions to askthedoctors@redbookmag.com.



For moderate to severe RA

I HAVE RHEUMATOID ARTHRITIS.



Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you

take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should

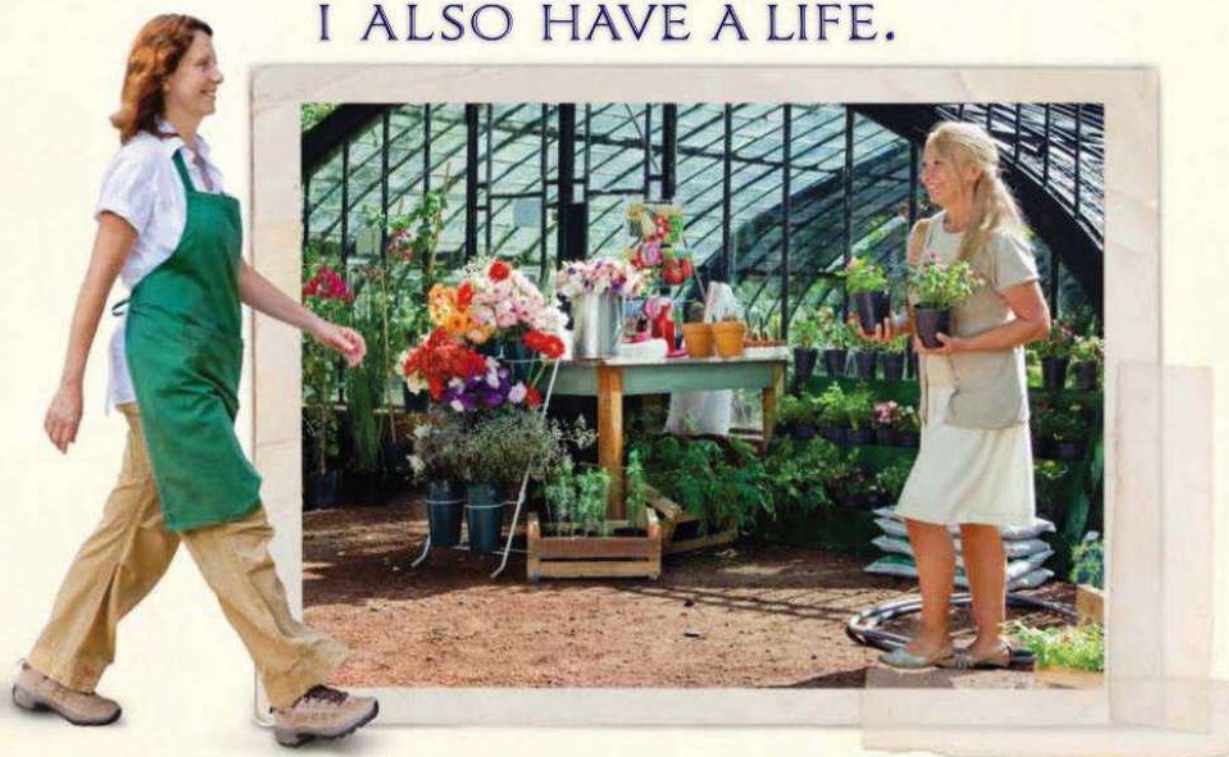
not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay

- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor

www.enbrel.com

©2010 Amgen Inc., Thousand Oaks, CA 91320 and Pfizer Inc. All rights reserved. MC 41435-B-2

I ALSO HAVE A LIFE.



If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit Enbrel.com.

*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Have or have had hepatitis B
- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant,

- or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: **Infections**, including serious infections like TB; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL.

Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the next page.



Get closer to the life you want to live



Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See "What is the most important information I should know about Enbrel?")
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:
 - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
 - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
 - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
 - ✓ all vaccines should be brought up-to-date before starting Enbrel.
 - ✓ people taking Enbrel should not receive live vaccines.
 - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
 - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
 - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breast feed. You should not do both.

See the section "What are the possible side effects of Enbrel?" below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See "What is the most important information I should know about Enbrel?" and "What are the possible side effects of Enbrel?"

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread throughout your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
 - Single-use Prefilled Syringe
 - Single-use Prefilled SureClick Autoinjector
 - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular (ly) scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. Do not use Enbrel more often than as directed by your doctor.
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

See "What is the most important information I should know about Enbrel?"

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See "Before starting Enbrel, be sure to talk to your doctor" for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver),

the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.

- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
 - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
 - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- Do not freeze.
- Do not shake.
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine v5

Issue Date: 10/2010

This Medication Guide has been approved by the US Food and Drug Administration.

AMGEN®

Manufactured by Immunex Corporation
Thousand Oaks, CA 91320



Marketed by
Amgen Inc. and Pfizer Inc.

© 1998–2010 Immunex Corporation. All rights reserved. Printed in the USA



Pigeon pose



Modified cobra



Bow pose

THE BETTER-THAN-NOTHING WORKOUT BEDTIME YOGA

FLATTER ABS THROUGH... MASSAGE?

Volunteers at Cedars-Sinai Medical Center in Los Angeles who were treated to a 45-minute massage had lower levels of cortisol. Reducing that stress hormone could help protect you from heart disease and get rid of excess belly fat. For anyone who's not, say, Oprah, regular massages get pricey—but luckily, researchers suspect that other relaxing activities, such as exercise, meditation, or taking a bath, may offer similar rewards. —BRITTANY BURKE



The whole day went by and you managed to avoid exercise entirely? There's still time to do something great for your body. Slip into your pj's and try these simple moves from Geralyn Coopersmith, director of the fitness training institute at Equinox in New York City. They'll stretch all the places you feel tight and achy (shoulders, hips, and back) and activate the parasympathetic nervous system, which helps you nod off.

Pigeon pose: Get on your hands and knees, then straighten your right leg behind you and slide your left knee forward, until it's between your hands and your foot is in front of your right hip, as shown. Pull your belly button in and up and relax your shoulders; hold for 30 seconds to one minute, then switch sides. That's one rep; do two reps.

Modified cobra: Lie on your stomach with your arms flat on the ground, elbows bent, palms at about ear level. Press into your palms and slowly lift your upper body off the floor, as shown. Hold for 15 to 30 seconds, then lower. Do two reps.

Bow pose: Lying on your stomach, bend your knees and reach back to grab your ankles. Inhale, lift your upper and lower body off the floor a couple inches (as shown), and hold for 10 counts. Release your ankles and lie back down. Do two reps.

WHAT COUNTS AS EXERCISE

Regular life often *feels* like a workout—but does it count toward the 30 minutes of physical activity you're supposed to get each day to ward off weight gain and heart disease? Sometimes! The facts, from Robert Stoner, president of the American Health and Fitness Association:

 **Dashing up and down the stairs: It's exercise!** Stair workouts slash more calories than walking does—up to 100 calories in

15 minutes. So making 10 trips up and down between floors of your house counts as at least part of your daily workout requirement.

 **Shopping at the mall: It's exercise!** Oh, yeah! Mall walking, even when interrupted by browsing, adds up to a surprisingly solid exercise session. You'll burn 100 calories per half hour.

 **Carrying your baby: It's not exercise.** It may leave your arms sore, but hoisting a baby

or even a toddler doesn't rate as a workout in the health sense because it doesn't engage your cardiovascular system. What's more, studies show that women carrying things slow down, which prevents you from burning as many fat calories as you would walking solo or pushing a stroller briskly for 20 minutes.

 **Trying on a dozen outfits: It's exercise!** There's a reason fitting rooms (or just

trying to pick out the perfect big-day-at-work outfit) make you sweat: You're doing leg lifts and arm stretches and walking in place, and eliminating about 100 calories per half hour.

 **Having sex: It's not exercise.** Unless you're trying out the Kama Sutra, getting it on doesn't raise your heart rate and burns only about 50 calories per half hour. But of course, it has other benefits....

—LISA FIELDS



What else counts? Find more ways to work out without noticing at redbookmag.com/fitormiss.



Honest, no-judgment answers to all of your sexual health questions from ob/gyn Hilda Hutcherson, M.D.

Dr. Hutcherson is an ob/gyn and a professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.

Q *I have a yeast infection that doesn't respond to the usual OTC medication—what's up?*

A If your OTC cream or suppository (such as Monistat) hasn't worked within a week, you could have another type of infection. About 5 percent of "yeast" infections are caused by a different strain of *Candida* organism that requires a prescription antifungal to fix. Or your discharge, itching, and irritation could be caused by bacterial vaginosis (BV), a common bacterial overgrowth that many women mistake for yeast. It could turn into something more serious if left untreated—plus, you deserve relief!—so get to your ob/gyn and ask her for a culture to figure out what's wrong.

CASE HISTORY: A SURPRISE STD FOR A WOMAN IN HER 40s

I still remember the horrified and shocked look on one 42-year-old patient's face when I told her she had chlamydia. She was recently divorced, and when she started an intimate relationship with someone new, she had felt uncomfortable asking him to use a condom. She's not alone: Most women assume that after your roaring 20s, there's no need to worry about sexually transmitted diseases. But the truth is, if you're starting things up with a new partner, you're at risk no matter what your age. It can be difficult for women who have been married for a long time to start negotiating safe-

sex practices, especially if they didn't have much sexual experience before they were married. Luckily, chlamydia can be treated with antibiotics, and after a week my patient was healthy again. But some STDs can be devastating, especially viruses like herpes or HPV (the human papilloma virus that causes most cervical cancers). So I tell women who are starting to date again after a long monogamous relationship to take responsibility for their own sexual health and buy a box of condoms. Then insist your new guy use them until you've both been tested and cleared for STDs.



The key to quickies:
Get wet and wild!

Q *What can we do during foreplay for the most arousal in the least amount of time? I'm busy, but need a little warm-up.*

A Personally, I think sex should be savored as long as possible, but when efficiency is the order of the day, the secret is lube, lube, lube! Natural lubrication can take longer to kick in when you're feeling stressed or rushed. I suggest that patients try using lubricants in two ways: You can start with an arousal gel like K-Y Intense to increase your sensitivity to his touch; it basically wakes things up down there and gets your body to respond more quickly. Then use a water-based product such as Astroglide for the actual act. With this combo you'll be able to jump into sex sooner and the experience will be more pleasurable.



When the mercury falls, don't let your defenses against the sun's rays follow suit. You may be swathed in scarves, Ugged-up, and thinking hot chocolate, but the sun doesn't go south for the winter. In fact, snow reflects about 80% of the UV rays, almost doubling the skin-scariness. And what's more, since the trees have shed their leaves, your fresh face is more directly in the line of fire than ever. Those crinkly squinty snowy wrinkles around your eyes and mouth? If you're not careful, they'll probably still be hanging around long after the spring thaw. But relax. Just remember when you're layering on the cashmere or wool or fleece, to dab a dollop of sunscreen on your face, hands, ears, neck. And don't forget a chic wide-brimmed hat. You'll have a healthy off-season glow that is, quite simply, all your own. And all that much more stunning because of it.

Go with your own glow™
www.skincancer.org



Join Go with your own glow™ on Facebook

Bedbug Nation!

Who *really* knows how to defend against these critters from hell? Women who've survived them. Follow their tiny-bit-crazy advice (sure signs of post-traumatic bedbug disorder) to keep the little bloodsuckers out of *your* house. By Caitlin Moscatello

It's been 2½ years, and I'm finally ready to talk about it. Most of the symptoms of what I've dubbed PTBD—post-traumatic bedbug disorder—have gone away. I no longer wake up in the middle of the night swearing I feel something crawling up my leg. Nor do I proceed to tear the covers off, inspect my mattress, and convince myself that a fleck of laundry lint is moving. (*I SEE ONE! Oh. Fuzz from my pajamas. Right.*) I've taken my purses out of the freezer (bedbugs die in extreme cold), I allow hostesses to seat me in plush booths at restaurants (the little meanies love upholstery), and I've erased “bedbugs” from my Google Alerts. I've even quit eyeing other people on the train, trying to determine who could be toting my insect enemies along on their commute. Well, not counting this morning. *That guy in the gray trench totally had a bite on his neck. Totally.*

But because I've fought—and won—a battle with bedbugs, I still do things other women might not consider normal. I won't book a room at a hotel without consulting bedbug registry.com, where anyone can report an infestation. (That site is like PTBD porn: I. Just. Can't. Stop. Looking.) And I will never, not once, tell anyone to “Sleep tight! Don't let the bedbugs bite!” It's not funny if you've been there, and tens of thousands of women have. What used to be just a big-city problem has swept the country in recent months—now, homes, hotels, schools, even doctor's offices all over are crawling with the pests. (For example, more than 14 percent of Cincinnati residents in a recent poll said they were infested!)

I contracted my case of the creepy crawlies from a boyfriend. (The relationship didn't last; try not to die of shock.) He woke up one morning in his apartment covered in bites,

and in an act of love and stupidity, I let him pack up some belongings (bedbugs love clothes and suitcases) and seek asylum at my place, even though I knew what he could be carrying. Soon after, I woke up and saw, by a beam of light creeping in from a crack in my curtains, a maroon, apple-seed-size bug squashed against my boyfriend's back.

“Wake up,” I said, shaking him. “Wake up, I have them!” We jumped out of bed and I ripped off the sheets. There were little black stains on my mattress (bedbug poop—a sure sign of an infestation), and a quick lift of the mattress revealed a few stragglers working their way into my box spring, where, I later learned, they're most likely to live. “Bed-BUGS!” I yelled loud enough that anyone within a two-block radius could hear. “In my BED!”

The rest is a blur—calling the landlord, throwing away my furniture, crying on the sidewalk next to the Everest of garbage bags packed with stuff I truly loved. (In that pile, accidentally: the bridesmaid dress I was supposed to wear in my sister's wedding the very next week.) To be fair, I went a little overboard—typically, you might have an exterminator spray, then toss your mattress and box spring and dry-clean or launder (in hot water) anything made of cloth in your house. But with the wedding a couple days away, I didn't have time for that, and the thought of taking a bug or egg to my sister Tara's brand-new, completely carpeted town house was out of the question.

I also told my boss, because there's a chance you can bring a bug to the office in, say, a bag or jacket—and those bastards can travel up to 50 feet into someone else's purse or cubicle. But most people who get bedbugs tend not to talk about it; there's a certain level of shame that comes with saying your stuff has become a petri dish for



THEY'RE EVERYWHERE!

This incredibly scary map, from bedbug registry.com, shows where people have spotted infestations nationwide. One way you can stop the spread? Log on to report any bedbugs you've encountered.



Still trying to get ahead of your depression?

If you've been on an antidepressant for at least six weeks and still have unresolved symptoms of depression, ask your doctor about adding **SEROQUEL XR**.

Important Safety Information About SEROQUEL XR

Elderly patients with dementia-related psychosis (having lost touch with reality due to confusion and memory loss) treated with this type of medicine are at an increased risk of death, compared to placebo (sugar pill). SEROQUEL XR is not approved for treating these patients.

Antidepressants have increased the risk of suicidal thoughts and actions in some children, teenagers, and young adults. Patients of all ages starting treatment should be watched closely for worsening of depression, suicidal thoughts or actions, unusual changes in behavior, agitation, and irritability. Patients, families, and caregivers should pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed. These symptoms should be reported immediately to the doctor. SEROQUEL XR is not approved for patients under the age of 18 years.

- Stop SEROQUEL XR and call your doctor right away if you have very high fever; stiff muscles; shaking; confusion; sweating; changes in pulse, heart rate, or blood pressure; or muscle pain and weakness, as these may be signs of a rare, but potentially fatal, side effect called neuroleptic malignant syndrome (NMS)
- If you have diabetes or risk factors such as obesity or a family history of diabetes, your doctor should check your blood sugar before you start taking SEROQUEL XR and also during therapy. If you develop symptoms of high blood sugar or diabetes, such as excessive thirst or hunger, increased urination, or weakness, contact your doctor. Complications from diabetes can be serious and even life threatening
- Increases in triglycerides and in LDL (bad) cholesterol and decreases in HDL (good) cholesterol have been reported with SEROQUEL XR. Your doctor should check your cholesterol levels before you start SEROQUEL XR and during therapy
- Weight gain has been reported with SEROQUEL XR. Your doctor should check your weight regularly
- Tell your doctor about any movements you cannot control in your face, tongue, or other body parts, as they may be signs of a serious condition called tardive dyskinesia (TD). TD may not go away, even if you stop taking SEROQUEL XR. TD may also start after you stop taking SEROQUEL XR

- Tell your doctor if you have a history of low white blood cell count or seizures. Your doctor should check for cataracts. Other risks include feeling dizzy or lightheaded upon standing, decreases in white blood cells (which can be fatal), drowsiness, impaired judgment, and trouble swallowing
- Use caution before driving or operating machinery until you know that you can do so safely. Avoid alcohol while taking SEROQUEL XR
- The most common side effects are drowsiness, dry mouth, constipation, dizziness, increased appetite, upset stomach, weight gain, fatigue, disturbance in speech and language, and stuffy nose

This is not a complete summary of safety information about prescription SEROQUEL XR.

Indication

SEROQUEL XR is a once-daily tablet approved in adults for add-on treatment to an antidepressant for patients with major depressive disorder (MDD) who did not have an adequate response to antidepressant therapy.

Please read the Brief Summary of Important Information about SEROQUEL XR on the next two pages.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

For questions to ask your doctor, visit SeroquelXR.com or call 1-866-331-3010.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit AstraZeneca-us.com.

Learn more at SeroquelXR.com

Once-daily
SEROQUEL XR®
quetiapine fumarate
extended-release tablets

SEROQUEL XR is a registered trademark of the AstraZeneca group of companies.
©2010 AstraZeneca Pharmaceuticals LP. All rights reserved. 299731 11/10

AstraZeneca 

IMPORTANT INFORMATION ABOUT SEROQUEL XR (SER-oh-kwell)

Please read this summary carefully before you start taking SEROQUEL XR and each time you get a refill. There may be new information.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. **Only your health care provider** has the training to weigh the risks and benefits of a prescription drug.

What is the most important information I should know about SEROQUEL XR?

Serious side effects may happen when you take SEROQUEL XR, including:

- **Risk of death in the elderly with dementia:** Medicines like SEROQUEL XR can raise the risk of death in elderly people who have lost touch with reality due to confusion and memory loss (dementia). SEROQUEL XR is not approved for treating psychosis in the elderly with dementia.
- **Risk of suicidal thoughts or actions:** Antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions:
 1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
 2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) depression, bipolar illness (also called manic-depressive illness), or suicidal thoughts or actions.
 3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?
 - Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
 - Call the health care provider right away to report new or sudden changes in mood, behaviors, thoughts, or feelings.
 - Keep all follow-up visits with the health care provider as scheduled. Call the health care provider between visits as needed, especially if you have concerns about symptoms.

Call a health care provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless

- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry, or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to your health care provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the health care provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the health care provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member take. Keep a list of all medicines to show the health care provider. Do not start new medicines without first checking with your health care provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's health care provider for more information.

What is SEROQUEL XR?

SEROQUEL XR is a prescription medicine used to treat major depressive disorder as add-on treatment with antidepressant medicines when your doctor determines that one antidepressant alone is not enough to treat your depression.

SEROQUEL XR is not approved for patients under 18 years of age.

What are the symptoms of major depressive disorder (MDD)?

- Feeling of sadness, emptiness, and increased tearfulness
- Loss of interest in activities that you once enjoyed and loss of energy
- Problems focusing and making decisions
- Feeling of worthlessness or guilt
- Changes in sleep or eating patterns
- Thoughts of death or suicide
- MDD symptoms last most of the day, nearly every day for at least two weeks, and interfere with daily life at home and at work

What should I tell my health care provider before taking SEROQUEL XR?

Before taking SEROQUEL XR, tell your health care provider if you have or have had

- diabetes or high blood sugar in you or your family: your health care provider should check your blood sugar before you start SEROQUEL XR and also during therapy
- high levels of total cholesterol, triglycerides or LDL-cholesterol or low levels of HDL-cholesterol
- low or high blood pressure
- low white blood cell count
- cataracts
- seizures
- abnormal thyroid tests
- high prolactin levels
- heart problems
- liver problems
- any other medical condition
- pregnancy or plans to become pregnant. It is not known if SEROQUEL XR will harm your unborn baby
- breast-feeding or plans to breast-feed. It is not known if SEROQUEL XR will pass into your breast milk. You and your health care provider should decide if you will take SEROQUEL XR or breast-feed. You should not do both

Tell the health care provider about all the medicines that you take or recently have taken including prescription medicines, nonprescription medicines, herbal supplements and vitamins.

SEROQUEL XR and other medicines may affect each other causing serious side effects. SEROQUEL XR may affect the way other medicines work, and other medicines may affect how SEROQUEL XR works.

Especially tell your health care provider if you take or plan to take medicines for:

- depression
- high blood pressure
- Parkinson's disease
- trouble sleeping

Also tell your health care provider if you take or plan to take any of these medicines:

- phenytoin, divalproex or carbamazepine (for epilepsy)
- barbiturates (to help you sleep)
- rifampin (for tuberculosis)
- glucocorticoids (steroids for inflammation)
- thioridazine (an antipsychotic)
- ketoconazole, fluconazole or itraconazole (for fungal infections)
- erythromycin (an antibiotic)
- protease inhibitors (for HIV)

This is not a complete list of medicines that can affect or be affected by SEROQUEL XR. Your doctor can tell you if it is safe to take SEROQUEL XR with your other medicines. Do not start or stop any medicines while taking SEROQUEL XR without talking to your health care provider first. Know the medicines you take. Keep a list of your medicines to show your health care provider and pharmacist when you get a new medicine.

Tell your health care provider if you are having a urine drug screen because SEROQUEL XR may affect your test results. Tell those giving the test that you are taking SEROQUEL XR.

For more information about SEROQUEL XR, visit www.SEROQUELXR.com or call 1-800-236-9933.

SEROQUEL XR[®]
quetiapine fumarate
extended-release tablets
50, 150, 200, 300 & 400 mg

AstraZeneca

How should I take SEROQUEL XR?

- Take SEROQUEL XR exactly as your health care provider tells you to take it. Do not change the dose yourself.
- Take SEROQUEL XR by mouth, with a light meal or without food.
- SEROQUEL XR should be swallowed whole and not split, chewed or crushed.
- If you feel you need to stop SEROQUEL XR, talk with your health care provider first.

If you suddenly stop taking SEROQUEL XR, you may experience side effects such as trouble sleeping or trouble staying asleep (insomnia), nausea, and vomiting.

- If you miss a dose, take it as soon as you remember. If it is close to the next dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time unless your health care provider tells you to. If you are not sure about your dosing, call your health care provider.
- If you take too much SEROQUEL XR, call your health care provider or poison control center at 1-800-222-1222 right away or go to the nearest hospital emergency room.

What should I avoid while taking SEROQUEL XR?

Do not drive, operate machinery, or do other dangerous activities until you know how SEROQUEL XR affects you. SEROQUEL XR may make you drowsy.

- Avoid getting overheated or dehydrated.
 - Do not over-exercise.
 - In hot weather, stay inside in a cool place if possible.
 - Stay out of the sun. Do not wear too much or heavy clothing.
 - Drink plenty of water.
- Do not drink alcohol while taking SEROQUEL XR. It may make some side effects of SEROQUEL XR worse.

What are possible side effects of SEROQUEL XR?

Also see “What is the most important information I should know about SEROQUEL XR?” at the beginning of this document.

Serious side effects have been reported with SEROQUEL XR including:

- **Neuroleptic malignant syndrome (NMS):** Tell your health care provider right away if you have some or all of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Stop SEROQUEL XR and call your health care provider right away

- **High blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take SEROQUEL XR. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or a family history of diabetes) your health care provider should check your blood sugar before you start SEROQUEL XR and during therapy. Call your health care provider if you have any of these symptoms of high blood sugar while taking SEROQUEL XR
 - feel very thirsty
 - need to urinate more than usual
 - feel very hungry
 - feel weak or tired
 - feel sick to your stomach
 - feel confused, or your breath smells fruity
- **High cholesterol and triglyceride levels in the blood (fat in the blood):** Increases in total cholesterol, triglycerides and LDL (bad) cholesterol and decreases in HDL (good) cholesterol have been reported in clinical trials with SEROQUEL XR. You may not have any symptoms, so your health care provider should do blood tests to check your cholesterol and triglyceride levels before you start taking SEROQUEL XR and during therapy
- **Increase in weight (weight gain):** Weight gain has been seen in patients who take SEROQUEL XR so you and your health care provider should check your weight regularly
- **Tardive dyskinesia:** Tell your health care provider about any movements you cannot control in your face, tongue, or other body parts. These may be signs of a serious condition. Tardive dyskinesia may not go away, even if you stop taking SEROQUEL XR. Tardive dyskinesia may also start after you stop taking SEROQUEL XR
- **Orthostatic hypotension (decreased blood pressure):** lightheadedness or fainting caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position
- **Increases in blood pressure:** reported in children and teenagers. Your health care provider should check blood pressure in children and adolescents before starting SEROQUEL XR and during therapy. SEROQUEL XR is not approved for patients under 18 years of age
- **Low white blood cell count**
- **Cataracts**
- **Seizures**
- **Abnormal thyroid tests:** Your health care provider may do blood tests to check your thyroid hormone level
- **Increases in prolactin levels:** Your health care provider may do blood tests to check your prolactin levels
- **Increases in liver enzymes:** Your health care provider may do blood tests to check your liver enzyme levels
- **Long lasting and painful erection**
- **Difficulty swallowing**

Common possible side effects with SEROQUEL XR include:

- drowsiness
- dry mouth
- constipation
- dizziness
- increased appetite
- upset stomach
- weight gain
- fatigue
- disturbance in speech and language
- stuffy nose

These are not all the possible side effects of SEROQUEL XR. For more information, ask your health care provider or pharmacist.

Call your health care provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store SEROQUEL XR?

- Store SEROQUEL XR at room temperature, between 59°F to 86°F (15°C to 30°C)
- Keep SEROQUEL XR and all medicines out of the reach of children

What are the ingredients in SEROQUEL XR?

Active ingredient: quetiapine fumarate

Inactive ingredients: lactose monohydrate, microcrystalline cellulose, sodium citrate, hypromellose, and magnesium stearate. The film coating for all SEROQUEL XR tablets contain hypromellose, polyethylene glycol 400 and titanium dioxide. In addition, yellow iron oxide (50, 200 and 300 mg tablets) and red iron oxide (50 mg tablets) are included in the film coating of specific strengths.

General information about SEROQUEL XR

Do not take SEROQUEL XR unless your health care provider has prescribed it for you for your condition. Do not share SEROQUEL XR with other people, even if they have the same condition. It may harm them.

NOTE: This summary provides important information about SEROQUEL XR. For more information about SEROQUEL XR, talk with your health care provider or pharmacist or call 1-800-236-9933. You can ask your health care provider for full Prescribing Information about SEROQUEL XR that is written for health care providers and discuss it with him or her.

SEROQUEL XR is a registered trademark of the AstraZeneca group of companies.
© 2010 AstraZeneca
AstraZeneca Pharmaceuticals LP
Wilmington, DE 19850
299926 9/10

For more information about SEROQUEL XR, visit www.SEROQUELXR.com or call 1-800-236-9933.

SEROQUELXR®
quetiapine fumarate
extended-release tablets
50, 150, 200, 300 & 400 mg

This is a bedbug, actual size.



bloodsucking insects. That's one reason the epidemic just keeps on going, experts say. Lucky for me, my boss took it well and was even discreet about rolling my cushioned desk chair to the back of the office and depositing it in the Dumpster. "No offense," she said, looking guilty. "None taken," I lied. I was glad I had told the truth. But I did sorta feel like the smelly kid in class.

My grandma, on the other hand, was less forgiving. She had encountered bedbugs in the early 1980s at a summer rental house and was still struggling with PTBD. At Tara's wedding, she blew me a kiss and mouthed, "Hi, honey!" but refused any direct contact. In reality, the chances of getting bedbugs from a hug are about the same as catching gonorrhea from a handshake, but I didn't blame her for being paranoid. Honestly, the first thing I did when I got to my hotel was check the headboard and mattress for signs of bugs (black poop stains, blotches of red, or bedbug "shells"—they shed their skin). I even stored my suitcase in the bathroom to be safe, since bedbugs are about a zillion times more likely to hide out in cushy materials than in Italian marble. (I still do this, by the way. Hotels everywhere, including fancy ones, have got "the bug." Just sayin'.)

"Wake up," I said, shaking him.
"Wake up, I have them!"

After the wedding, I lived with my dad as I searched for a new, bug-free apartment and looked up every vacant place at my favorite site, bedbugregistry.com. A red dot within four blocks meant "Next!" I wasn't taking any chances. Four thousand dollars later, I had a semi-furnished new apartment and a closet filled with shrunken clothes I'd blasted in the dryer, since bedbugs die in temperatures over 120°F.

Life was finally getting back to normal when my phone started ringing. My story had gotten out, and suddenly I was the go-to expert among my friends. So I offered counsel: "Are the bites in a circle or a row?" I'd ask. Neither? Probably mosquitoes; bedbugs are slackers and don't travel far between bites. "Have you checked for red stains on your sheets?" Chances are, you'll squash a bug or two as you roll around—and they'll burst (try not to vomit). At first I didn't want

to be reminded of my experience, but the calls were weirdly therapeutic. At least someone could benefit from my nightmare. And that's why I wrote this piece, to help you avoid the same fate. Follow my advice—and the tips from other women, below—and with any luck, you'll stay safe.

● When you get to a hotel room, check the headboard and box spring for signs of bugs. If you see anything, call the front desk and ask for a new room on a different floor. One buggy bed doesn't mean the place is overrun, but get some distance.

● Trade suitcases for a duffel bags that you can wash when you get home. If you love your pricey luggage, store it in the basement or attic—not under the bed or in a closet.

● If you wake up with bites, go out and buy bedbug-proof bags for your box spring and mattress. They'll trap bugs or eggs—a plus if you're tossing your mattress, because stragglers won't fall onto your couch on their way out the front door. Then, call an exterminator. And finally, do *not* stop sleeping in your bed. Bedbugs are attracted to body heat, not dirt or food, so if you move to another room, they will too. And the last thing you want are sofa bugs, or rug bugs, or... wait, why are you scratching? ●

• • • • •

More simple ways to **bedbug-proof** your life

WASH EVERYTHING AFTER A TRIP (NOT JUST DIRTY STUFF).

Christine Drabicki of Plymouth, MI, brought home bedbugs from a hotel and now takes no chances. "I take off my clothes in the garage and vacuum out my suitcase before I go inside," she says. Follow her lead, says Jeffrey White, M.S., an entomologist for bedbugcentral.com. Undress just inside your doorway, then wash and dry all of your clothes. "Frequent fliers might want to invest in the PackTite [about \$300]," White says. "It's a portable hollow heater that surrounds an empty suitcase and kills bugs and their eggs."

DOUBLE-CHECK SECONDHAND GOODS.

Even if you stay put, bedbugs can sneak into your house with stuff you order or buy. While it's unlikely that orders from major retailers will be infested, items from home-based businesses (think eBay) or secondhand buys could be, White says. If you've bought clothes or linens, open boxes outside and launder the contents immediately. Furniture is trickier. Anna James* of Seattle bought a used co-sleeper crib to save \$75 and ended up with an infestation—and a newborn covered in bites. "The pest-control people were shocked at how major

it was," she says. "It was a nightmare." Now she avoids secondhand items she can't put in the dryer. Even "refurbished" mattresses may not be safe, says White: "In our research, we tore some open and found live bedbugs."

BE CAREFUL WITH COATS.

If you go to an infested place, your jacket is the easiest place for bedbugs to grab hold and hitchhike home with you. Never leave yours on someone's couch or bed. If you have a party, stow coats in a large plastic storage bin. "Bedbugs can't crawl in or out of smooth surfaces," White says. "You can put your purse in one under your desk at work too."

IF YOU CAN'T DRY IT, FREEZE IT.

There are some things you can't toss in the dryer—like purses, library books, and electronics. But freezers kill bedbugs too, says White. Just wrap the suspect item in plastic and pop it in the freezer for a few hours.

PROTECT YOUR BED.

If you live in a red zone (see map on previous page) or in an apartment building, consider covering your mattress and box spring with encasements made by either Protect-a-Bed or Mattress Safe. They can be pricey, but worth the peace of mind.

—SARAH JLO

One pint means climbing 2,500 steps.



Even better than eating ice cream is understanding it, and what it takes to burn it off. Or, that if you make a simple switch to frozen yogurt you can cut 48 grams of fat per pint. And if you take alli with your meal you can cut even more. Because alli was designed to block 25% of the fat you eat so your healthy decisions can be even healthier. In fact, for every two pounds

you work to lose, alli can help you lose one more. That means you can not only find your healthier weight, but you can also find a healthier you.



how healthy works
Learn more at myalli.com

alli is for overweight adults.
alli works with a reduced calorie low fat diet. Use as directed.
©2011 GlaxoSmithKline Consumer Healthcare, LP.

A Farewell to **EASY**

You might wonder why I'm leaving you. Well, you are too comfortable. With only you in my life, I can't grow. I learn nothing. I need to push. I need to try. I need to accomplish. And quite frankly, you're holding me back. Don't get me wrong, there were times in the past where I welcomed you. Like that History final. You know the one. But I don't need you anymore. I can do better than you, Easy. And I will prove it.



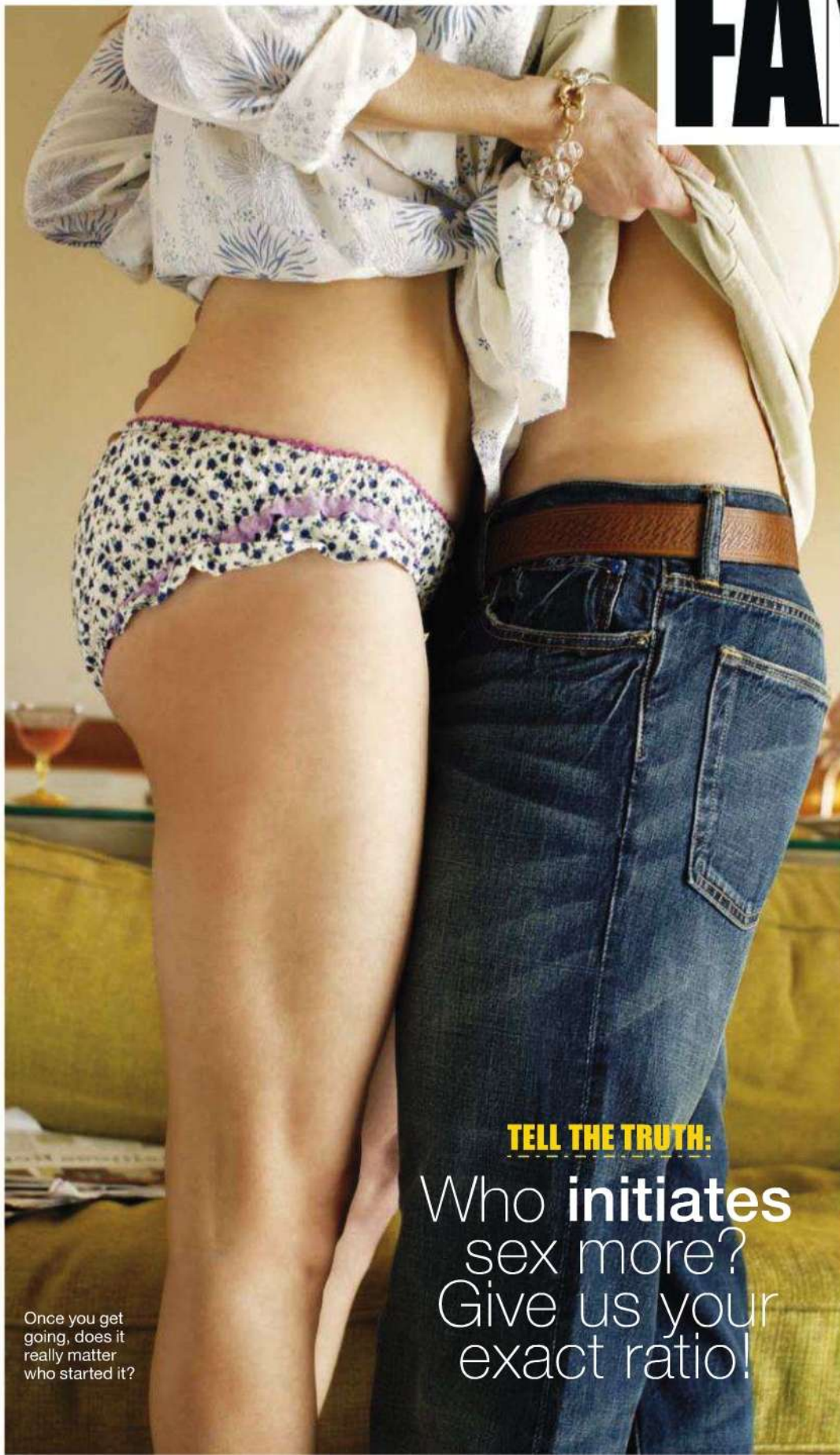
**OUTWARD
BOUND**

1 (877) 695-7805 | outwardbound.org



MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS



PHOTOGRAPHED BY STEPHANIE RAUSSER. COUPLES ON THE STREET. PHOTOGRAPHED BY BRIAN KENNEDY.

Once you get going, does it really matter who started it?

TELL THE TRUTH:

Who **initiates** sex more? Give us your exact ratio!



"5 to 1 him. I know it's coming when he acts all romantic. He'll be like, 'Hi, honey...' and start touching me. I know what he really wants." —JODI SMELSER, 33, dating DANIEL SANTOS for 2 years



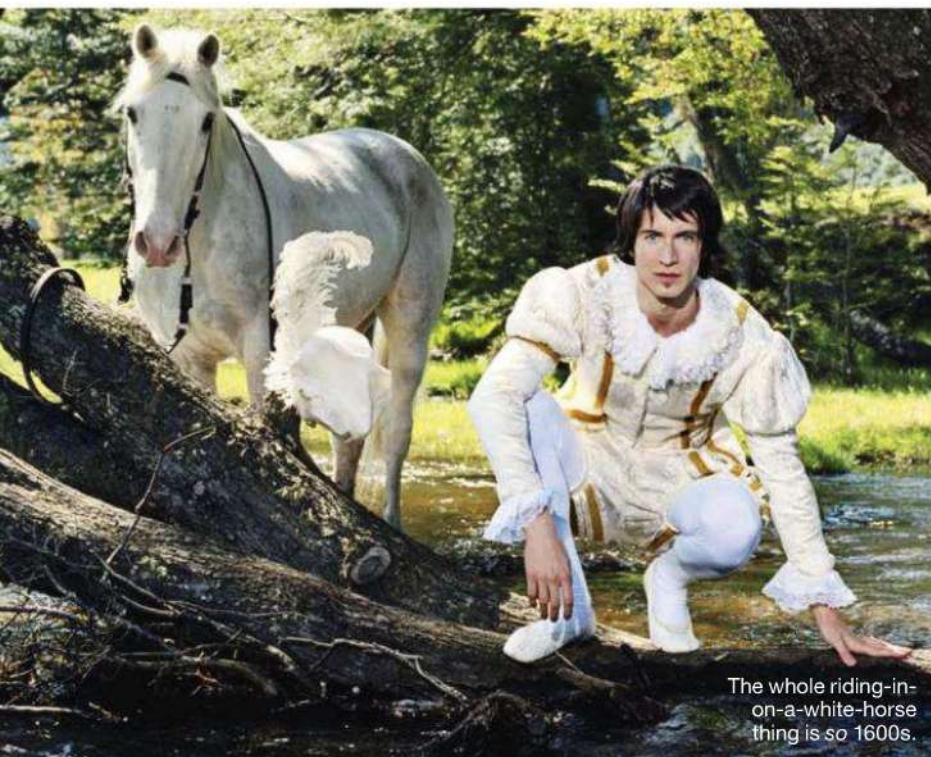
"3 to 2 her. She's not into sweet talk or mood-making. She just pounces!" —TREY MATTHEWS, 30, married to SHIHO for 2½ years

"We are 1 to 1. There are times he looks amazing, and that sparks my fire—and he says the same about me." —LINDA KUTENITS, 47, dating JAMES DEVANEY for 1 year



"99 to 1 him. He initiates so often that I barely ever need to! It makes my life easy." —JASMINE GHANI, 32, dating NISHANT PADHYN for 4 years

"3 to 1 me. I make it very simple for him. I go up to the bedroom, and then I yell down, 'Why don't you come on up here, baby?' He runs right upstairs!" —AMANDA ROBINSON, 28, married to NICK for 3 years



The whole riding-in-on-a-white-horse thing is so 1600s.

Finding your “soul mate”? Maybe it’s overrated!

Two thirds of Americans believe in soul mates, according to a recent poll. Sweet, right? Well, those believers were also 150 percent more likely to divorce than people who thought there could be more than one right person for them. It seems contradictory, but “those who hold an overly romanticized view of marriage may think they’re with the wrong person if things get rough,” study author Bradford Wilcox, Ph.D., explains. Reality check: Every relationship takes work, and even someone who’s “perfect” for you will drive you nuts sometimes! —NICOLE YORIO

CURE GRUMPY-HUSBAND SYNDROME

Sure, you vowed to stick around for richer or poorer, but **did you know you were signing on to share his heart rate and blood pressure?** Recent studies show they start to sync up in married couples. So if your husband is a constant stress-ball, his physical—not just mental—agitation could rub off on you. Experts aren’t sure why, but they do know that the brain circuitry that releases love hormones is closely linked to the one that controls stress response. So how do you hold on to your Zen when your husband’s in a bad mood? Leave him alone. “We automatically try to make the other person feel better, but that often backfires—then you’re both annoyed,” says psychiatrist Amir Levine, M.D., coauthor of the book *Attached*. To get him to sync with you (and not you with him), just sit back and let your good vibes work a Jedi mind trick on him. If this is an ongoing issue, wait till he’s calm, then talk long-term stress relief: It’ll keep you both sane and healthy for the long haul. —N.Y.

Sex life road test: Texting hot photos

These readers had never tried “sexting” until REDBOOK convinced them to send their guys some NSFW pics. Excitement ensued.

COUPLE #1 B.E. and R.D., Lawrence, KS
My boyfriend is working overseas and I thought this would spice things up. I wanted to look sexy, not slutty, so I did my best Victoria’s Secret pose in my prettiest lingerie. I was self-conscious at first, but once I got the right camera angle, I admit I looked hot! Now he keeps saying he can’t wait to get home. Until then, he wants more photos, so next up I’ll be wearing my Denver Broncos T-shirt and not much else.

PASSION FACTOR: Smoking 🔥

COUPLE #2 E.I. and J.I., Duluth, MN I sent my husband a picture of... well, let’s just say I didn’t hold anything back. Soon after, he sent a sexy photo of himself back; somehow he’d found some privacy at the office to take it! That night we were raring to go and couldn’t wait to get our son to sleep. One caveat: My husband checked my text during a meeting! He was petrified that his coworkers had accidentally glimpsed my lady parts. Next time, I’ll call first to make sure no one is around.

PASSION FACTOR: Red hot 🔥



Ahh... that's better.

SEXY SECRET

OM[G]!

[G] IS THE PERFECT PRELUDE to a spectacular sensual adventure. The first and only all-natural stimulating gel, [G] is designed exclusively for women. One pump gently increases sensitivity, heightens arousal and enhances the entire sexual experience. Moisture-rich and seductively smooth – [SIDE EFFECTS MAY INCLUDE]

- Uncontrollable audible outbursts • Multiple climactic sensations

100% NATURAL FEMALE STIMULANT

AVAILABLE AT GNC, VITAMIN SHOPPE, H-E-B AND MEIJER
ForTheBestEver.com



Intense Pleasure

Your weird, awkward, dorky, but somehow romantic moments

REDBOOK readers tell how bad karaoke, a fiberglass shark, grungy sweatpants, and Costco helped them fall (and stay) in love.



"On our first date, Ray took me hiking in the mountains; on our second date, to an Elton John concert. When he called to ask me out on our third date, I couldn't wait to hear what he would suggest. 'Want to meet at Costco?' he asked. 'I need to pick up some things for a catering job'—Ray owns a restaurant—'and Costco has great Polish hot dogs.' Now, don't get me wrong: I have a Costco card and appreciate the prices as much as anyone. But a cement warehouse for a third date?"

"We met at the store, and as I watched him throw jumbo boxes of frozen meatballs and shrimp in his cart, something changed. Shopping with him, I felt a surprising sense of intimacy. There was comfort in the fact that we could enjoy doing something so mundane together.

"We continued to date, mixing Costco runs with movie nights and hikes. Then one day at Costco, Ray held up a bag of chicken burritos. 'Do your kids like these?' he asked, and tossed them in the cart. 'Do they like cantaloupe?' he added, holding up a bag of three melons. 'I can keep one, and you can take two home.' This was no business run—he was shopping for *us*. My mind flashed back to my divorce eight years earlier, and how, since then, I had raised three teenagers on my own. This was Ray's way of showing that I wouldn't have to be alone anymore. Now it was his turn to take care of *me*. A few trips later, Ray made it official: Under the fluorescent lights in Costco's jewelry department, we picked out a solitaire diamond ring."

—Samantha Ducloux Waltz, 65, winner of the Redbook-Cup of Comfort "Your Love Story" essay contest, married to Ray Waltz, 72; Lake Oswego, OR

Read her full essay at adamsmedia.com/cup-of-comfort.

BURN CALORIES ON A SNOWBOARD AND WE'LL BUY YOU A BURGER

GET \$15 TO SPEND AT T.G.I. FRIDAY'S®, \$15 FOR FITNESS APPAREL, OR A ONE-YEAR MAGAZINE SUBSCRIPTION WHEN YOU BUY \$59.99 WORTH OF ELIGIBLE FITNESS, FAMILY, OR JUST PLAIN FUN GAMES OR GEAR.

PLAY YOUR WAY. CHOOSE YOUR REWARD.



Kinect™ for Xbox 360®



**\$15 GIFT CARD TO
T.G.I. FRIDAY'S**



**\$15 GIFT CARD FOR
FITNESS APPAREL**



**1-YEAR MAGAZINE
SUBSCRIPTION**
(Sponsored by GameStop)

gamestop.com/playyourway

Offer only applies to purchase in stores and on GameStop.com of new eligible products with a purchase totaling \$59.99 or more. While supplies last. Limit one coupon per visit, per customer. GameStop reserves the right to cancel, terminate, modify or suspend the offer for any reason without notice. Offer not valid in Puerto Rico and Guam or where prohibited by applicable law. Go to gamestop.com/playyourway for a list of eligible products and complete rules and requirements. Receipt is required for redemption. GameStop is a registered trademark of GameStop, Inc. All other trademarks or trade names are the properties of their respective owners. All rights reserved. GameStop and its partners are not responsible for lost or stolen gift cards, incorrect shipping addresses or missing information.



"I have the worst voice ever, but that doesn't stop me from singing in the shower, the kitchen—anywhere! I own the Xbox game Lips, which is basically a karaoke version of Guitar Hero. If my husband knows I've had a hard day, he'll break out the two microphones and a bottle of wine. We'll do Alicia Keys's 'No One,' Sara Bareilles's 'Love Song,' or Rihanna's 'Umbrella.' He says,



"I'll sing awfully with you so you won't feel bad."

—Charli Penn-Watkins, 28, married to Gibran Watkins, 30; Montclair, NJ

"Dan is a skier, and early on, he tried to teach me. I ended up lying in the snow crying. Dan rescued me, giving me a piggyback ride down the slope. It was so exhilarating because I felt what it was like to ski, and I loved that he wasn't embarrassed in front of his skier friends. That moment I thought, I could marry this guy."

—Alison Barnes, 37, married to Dan, 48; Missoula, MT

"On date one, Jason told me he was moving to Chicago in six months for his dream job, but we fell in love anyway. He had a pair of sweatpants he'd owned since he was 15 that I'd wear when I slept over. They were gross and oversize but comfy; he never let me wear them home because they were sentimental to him. The day he moved, I found the sweats, neatly folded, waiting for me on my bed. Right then I knew I would move to Chicago. I was there a month later."

—Sophia McIn, 35, married to Jason, 34; Portland, OR

"Sam and I got into an argument that, looking back, was really about nothing—and he went for a walk to calm down. He then realized how ridiculous the fight was, so he popped into Stop & Shop and came back with a cake, specially inscribed in frosting: 'I'm sorry I'm so stupid.' He put everything back into perspective with a little flour and butter."

—Jean Sagendorph, 40, engaged to Sam Pocker, 34; New York City



"My husband loves peanut-butter cups, and he never used to share them with me. But one day, after we'd been married for a year and a half, he passed me one. I blurted out, 'Oh, my God, you really love me!' Ever since then, he'll leave a cup on the nightstand or the kitchen table to say, 'I love you.'"

—Alice Bennetts, 39, married to Brett, 41; Kalispell, MT

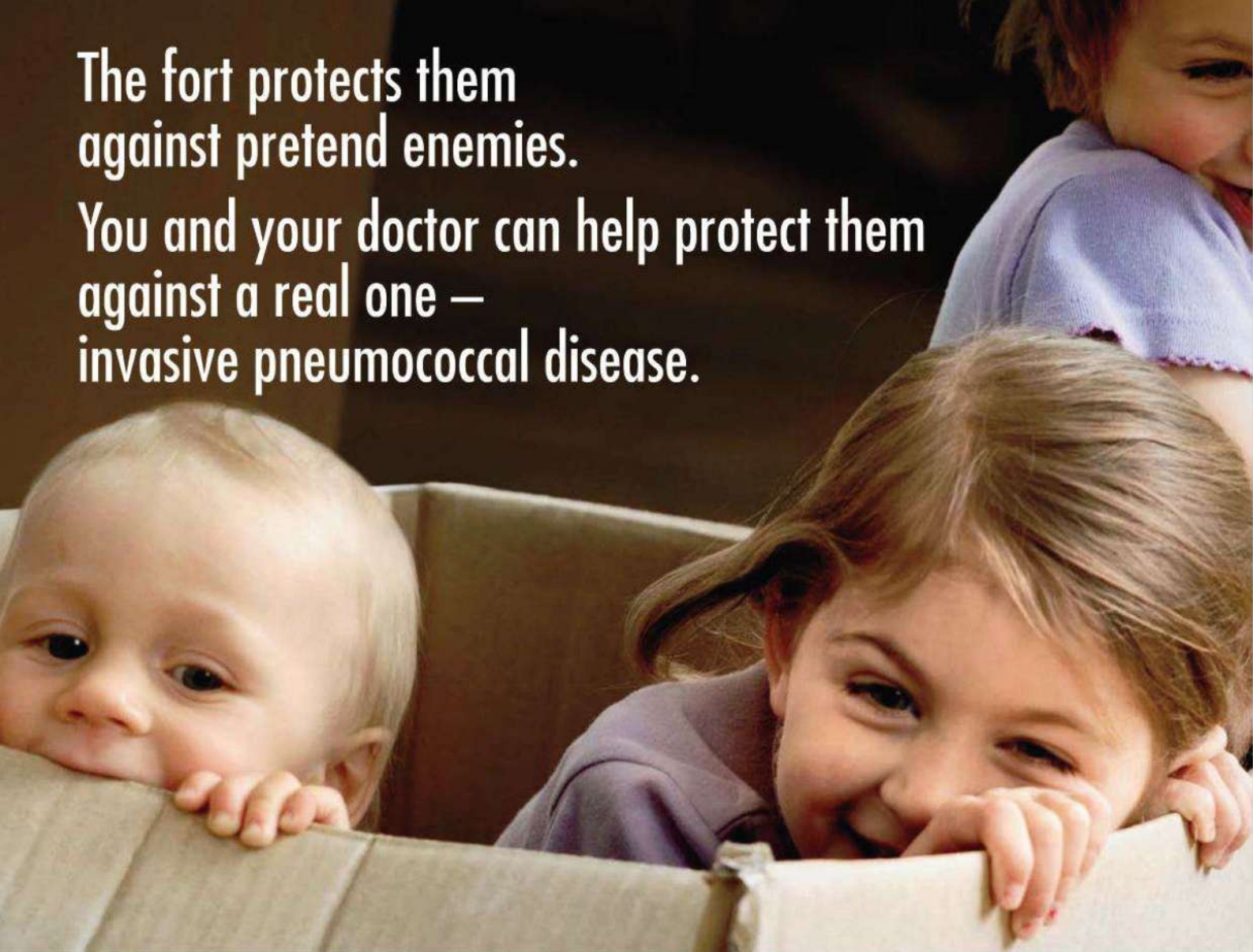
"Howard lets me hang my 7-foot shark wherever I want. It's a fiberglass cast of a shark that my father caught. At first, he said, 'I don't know if there's room for Sharkey.' I responded: 'You married me, you married my shark.' Howard never gave me a hard time after that—it's hung happily in every apartment since."

—Kirsten Johnson, 33, married to Howard Pyle, 37; Brooklyn, NY

"One reason I was initially attracted to Elizabeth is that we share the same sense of humor. Once, we got into a fight and she retreated into the back room in our home, which has sliding glass doors that look out onto the backyard. To diffuse the tension, I took off all my clothes and walked completely naked into the backyard. She laughed, and we were able to make up. I can't imagine that working with anyone else."

—Mike Schwartz, 44, engaged to Elizabeth Tippet, 32; Los Angeles





The fort protects them
against pretend enemies.

You and your doctor can help protect them
against a real one —
invasive pneumococcal disease.

IMPORTANT VACCINE INFORMATION FOR ALL CHILDREN UP TO AGE 5:

Certain strains of bacteria that can cause serious invasive pneumococcal disease are being seen more frequently than before. There's a vaccine to help protect against them. The doctors at the Centers for Disease Control (CDC) have recommended that children 15 months to 5 years of age who've had a full 4-dose series of pneumococcal conjugate vaccine should also get a dose of Prevnar 13[®] to cover against 6 more strains.*

*The immune response from this schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13[®]. It's not known how medically important this difference is.

INDICATION FOR PREVNAR 13[®]

- Prevnar 13[®] is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday)
- Prevnar 13[®] is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F)

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13[®]

- Prevnar 13[®] should not be given to anyone with a severe allergic reaction to any component of Prevnar 13[®], Prevnar[®] (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein]), or any diphtheria toxoid-containing vaccine
- Prevnar 13[®] may not protect all individuals receiving the vaccine
- Children with weakened immune systems may have a reduced immune response to Prevnar 13[®]
- A temporary pause of breathing following vaccination has been observed in some infants born prematurely

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13[®] (continued)

- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13[®] and Prevnar[®], respectively
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider. Only a health care provider can decide if Prevnar 13[®] is right for your child

You are encouraged to report negative side effects of vaccines to the FDA and Centers for Disease Control (CDC). Visit www.vaers.hhs.gov or call 1-800-822-7967.

Please see Important Facts for Prevnar 13[®] on the following page.



FOR MORE INFORMATION, ASK YOUR CHILD'S DOCTOR OR GO TO WWW.PREVNAR13.COM/UPDATE

IMPORTANT FACTS



Prev • nar 13

ABOUT PREVNAIR 13®

- Prevnair 13® is a vaccine which helps protect against 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Prevnair 13® may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus pneumoniae* strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Prevnair 13® may not protect all individuals receiving the vaccine.
- Protection against ear infections is expected to be less than that for invasive disease.
- Prevnair 13® does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness, or who have weakened immune systems.

BEFORE STARTING PREVNAIR 13®

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Prevnair 13®.

Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

WHO SHOULD RECEIVE PREVNAIR 13®?

- Prevnair 13® is recommended for children 6 weeks through 5 years of age.
- Prevnair 13® is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- **Transition schedule:** Children who have received one or more doses of Prevnair® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein]) may complete the 4-dose immunization series with Prevnair 13®.
- **Catch-up schedule:** Children 15 months through 5 years of age who have received 4 doses of Prevnair® may receive one dose of Prevnair 13® to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnair 13®. It's not known how medically important this difference is.

WHO SHOULD NOT RECEIVE PREVNAIR 13®?

- Children under 6 weeks of age and over 6 years of age.
- Children who have had a serious allergic reaction to any component of Prevnair 13®, Prevnair®, or any diphtheria toxoid-containing vaccine.

POSSIBLE SIDE EFFECTS OF PREVNAIR 13®

Prevnair 13® may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

The most common side effects of Prevnair 13® are:

- Redness, swelling and tenderness at the injection site
- Fever • Decreased appetite • Irritability
- Increased sleep • Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Prevnair 13®. For a complete list, ask your child's health care provider.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to www.prevnair13.com or call 1-800-666-7248.



"I Lost **42** lbs. with **NEW** Hydroxycut! It Really Works!"

"I was self-conscious and unhappy. I just wouldn't go to the beach before, but now that I've lost the weight with help from Hydroxycut in my diet and exercise plan, I love the beach. I feel more confident than ever and I'm a new person. Thanks Hydroxycut!"

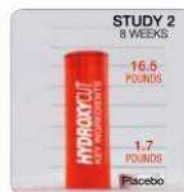
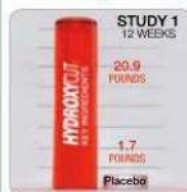
Brittany Dobrin



Brittany Dobrin – Toronto, ON

Brittany used Hydroxycut with diet and exercise and was remunerated.

Clinically Proven Key Ingredients¹



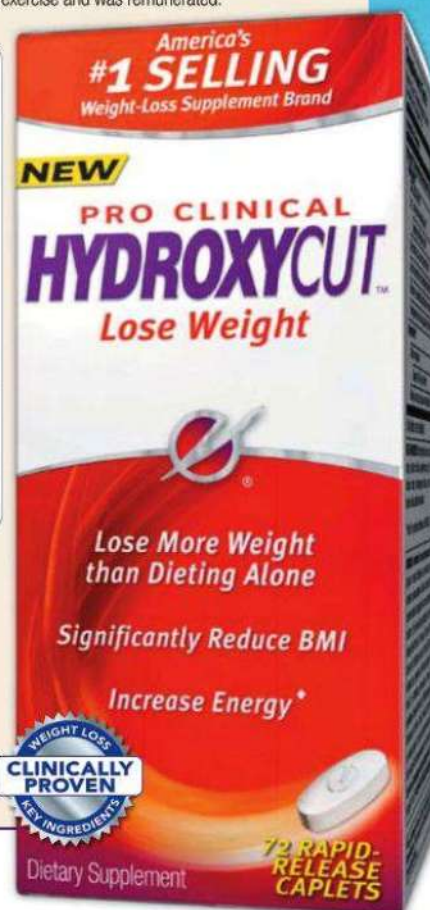
The clinically tested key ingredient combination is proven effective in two separate studies to provide powerful weight loss versus dieting alone. In fact, average weight loss with key ingredients was 20.94 lbs. vs. 1.70 lbs. with placebo in one 12-week study, and 16.50 lbs. vs. 1.73 lbs. in one 8-week study funded by the makers of Hydroxycut. All groups followed a calorie-reduced diet.



"I've reviewed the studies of the clinically proven key ingredients. Subjects lost significantly more weight than dieting alone. I highly recommend new Pro Clinical Hydroxycut."

— Dr. Jeff Delson, M.D.
New York, NY

Hydroxycut.comsm



Walmart
Save money. Live better.

GNC Live Well.
SHOP NATIONWIDE OR AT GNC.COM

CVS/pharmacy Walgreens

Vitamin
Supplements
Nutrition for Every Body

RITE
AID

meijer

¹The key ingredients (Hydroxyprovia™ blend) in Pro Clinical Hydroxycut™ are Alchemilla vulgaris, Olea europaea, Cuminum cyminum and Mentha longifolia.

*Another ingredient (caffeine anhydrous [1,3,7-trimethylxanthine]) supports increased energy.

**Based on IRI F/D/MX sales data for 4 weeks ending 10/31/10. Read the entire label before use. © 2010.

You'd marry him all over again (but make these new promises first)

♥ MY DARLING WIFE, I SWEAR...

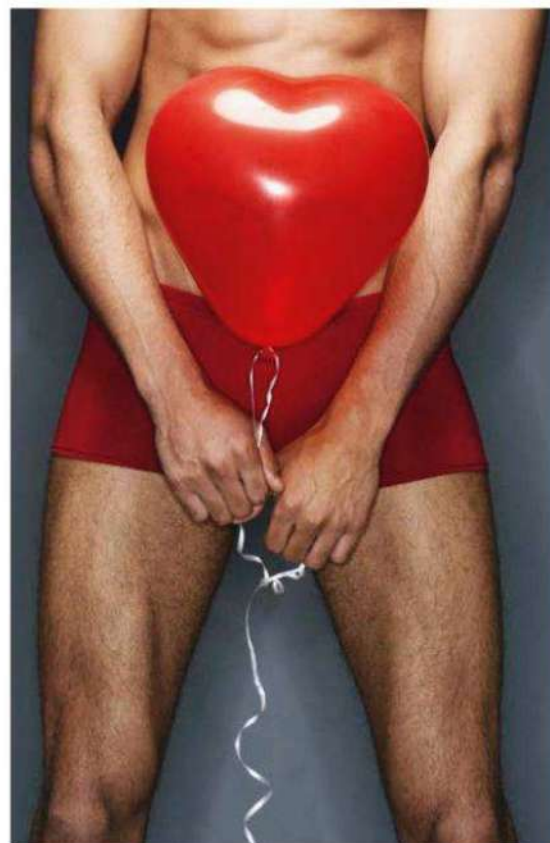
...that you will really enjoy Netflixing *The Wire*. Seriously, it's awesome.

...to stop referring to your friends as "the coven."

...to never, ever attempt to pass off cubic zirconia as the real thing.

...not to tell your grandmother that I think her wig resembles a giant dirty Q-tip.

...that on Valentine's Day, I will finally wear those tiny, tight boxer briefs you got me, even though they're emasculating and should be called "manties."



♥ MY DARLING HUSBAND, I SWEAR...

...that you will really enjoy Netflixing *The L Word*. Seriously, it's awesome. (And there's girl on girl.)

...to say yes more than I say no. To life in general, but specifically to sex.

...not to wake you up at 3 a.m. to ask if you're having trouble sleeping too.

...that I will stop trying to trick you into eating vegetarian hot dogs, because you're right, they're kinda gross.

...to give up on marital mind reading and drop loud, insistent gift hints around Valentine's Day.



FROM
SOCCER MOM TO
SUPER WOW.

HOOORAY YOU

"After losing 47 pounds on Nutrisystem, I don't just sit on the sidelines—I'm playing adult league soccer!"*

— Jessica

Welcome to the NEW Nutrisystem. With over 150 chef-inspired meals—including fresh-frozen cuisine—you don't have to sacrifice to lose weight. And now, you can get our gourmet food at our lowest price ever. **All from America's #1 home delivery weight loss company.**

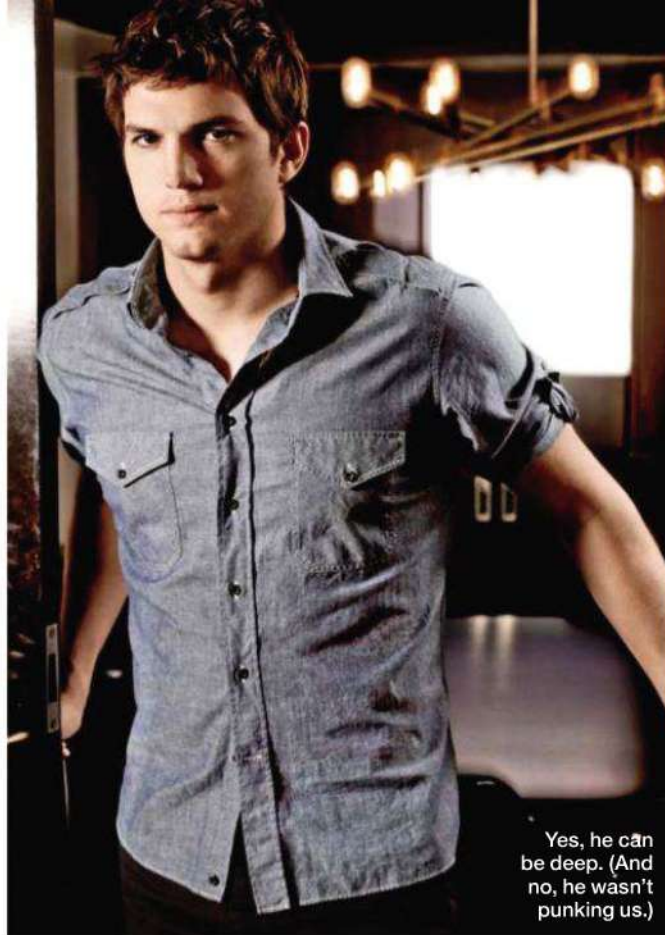
*Results not typical. On Nutrisystem, you can expect to lose at least 1-2 lbs. per week. Individuals are remunerated. On Nutrisystem you add in fresh grocery items.

Nutrisystem[®]
The new you revolution™

nutrisystem.com | 877.604.4YOU (4968)

Ashton's first serious interview ever

Ashton Kutcher's new movie, *No Strings Attached*, showcases the goofy-boy shtick we know so well. But REDBOOK caught him in a romantic, soul-searching mood. We like this side!



Yes, he can be deep. (And no, he wasn't punking us.)

ASHTON AT A GLANCE

His favorite rom-com:



SLEEPLESS IN SEATTLE
"They barely meet, and it's *still* romantic."

He's a huge fan of:



JUSTIN BIEBER
"That kid's built an empire."

He'll never give up:



BAR SOAP
"Demi wants me to use facial cleanser."

In *No Strings Attached*, you and Natalie Portman play "friends with benefits." In real life, do you think it's possible for a man and a woman to have a strictly physical relationship with no feelings whatsoever?

I think it's possible... until someone develops feelings. You start the clock and go, "All right, let's see how long we can make this last."

Most people think it's easier for men than it is for women not to let feelings get in the way. Do you?

Well, it's kind of territorial—I think guys wind up after a while not wanting another guy sleeping with the girl they're with. But eventually everyone wants something more. We all have that desire for something special, something committed. We all want to be The One.

Is that how it happened with you and Demi—were you friends first?

No, my relationship was a relationship first. Well, there wasn't anything physical happening for a while, but from the get-go it was more than friendship. It was a deeper connection than that.

Well, let's talk about something that seems to keep you connected, since you're both on it all the time: Twitter! Have you ever tweeted Demi from another room?

Yeah, I've tweeted Demi while I was standing right next to her.

Why do guys do things like that?

For the same reason we send you roses at the office: because sometimes being publicly adored is nice. It feels good. So that's why I might be standing right next to her and tweet, "My wife looks so amazing tonight."

Sounds like you've learned some things about women from being surrounded by them at home. Anything else?

Patience. Yes, I have learned to wait patiently. No, seriously, women have a level of outward compassion that a lot of men don't necessarily have. Guys feel as deeply as women, but they don't share it as much. Learning how to do that more has been a valuable add.

It's funny you say that, because Demi is known for playing tough characters, like in *G.I. Jane*. Has she toughened you up at all?

No. [Laughs] She's pretty tough, but I have my own little grit. We're both very competitive, so when we play games, we try to be on the same team or it will end up in an argument.

Guys everywhere are wondering what the heck to get their wives for Valentine's Day. What's the last thing you got for Demi?

I bought her a tree, a weeping willow. The sentiment behind it was that if the tree is always weeping, then she will never have to cry again.

—TIFFANY BLACKSTONE



Kiss
those lines
goodbye!™



Ask your doctor about

Juvéderm[®] XC

One treatment lasts up to one year*

JUVÉDERM[®] smoothes out those parentheses lines along the sides of your nose and mouth—instantly. Go to Juvederm.com to find out more about JUVÉDERM[®], the #1 selling dermal filler in the U.S.**

Individual results may vary. 1 877-FILLER MD (877-345-5376). JUVÉDERM[®] is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds). Side effects, usually mild to moderate, include temporary injection site reactions such as redness, pain, firmness, swelling, or bumps.

Please see important treatment considerations on reverse side. By prescription only.

*With optimal treatment. **January 2009 through April 2010; Data on file, Allergan, Inc.; US Facial Injectables Market Share Report; GuidePoint Global Filler Share Tracker.



© 2010 Allergan, Inc., Irvine, CA 92612. ® and ™ marks owned by Allergan, Inc. JUVÉDERM[®] mark owned by Allergan Industrie, SAS. APC19UH10

Important Treatment Considerations

A Brief Description of Indications for Use, Contraindications, Warnings, Precautions, and Adverse Events for JUVÉDERM® Injectable Gel

Indication: In the United States, JUVÉDERM® injectable gel (including JUVÉDERM® Ultra, JUVÉDERM® Ultra Plus, JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC) is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds).

Contraindications: JUVÉDERM® injectable gel should not be used in patients who have severe allergies marked by a history of anaphylaxis or history or presence of multiple severe allergies. JUVÉDERM® should not be used in patients with a history of allergies to Gram-positive bacterial proteins. JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC should not be used in patients with a history of allergies to lidocaine.

Warnings: JUVÉDERM® injectable gel should not be injected into blood vessels. If there is an active inflammatory process or infection at specific injection sites, treatment should be deferred until the underlying process is controlled.

Precautions: The safety of JUVÉDERM® for use during pregnancy, in breastfeeding females, or in patients under 18 years has not been established. The safety and effectiveness of JUVÉDERM® injectable gel for the treatment of areas other than facial wrinkles and folds (such as lips) have not been established in controlled clinical studies. Patients who are using substances that can prolong bleeding, such as aspirin or ibuprofen, as with any injection, may experience increased bruising or bleeding at injection site. Patients should inform their physician before treatment if they are using these types of substances. As with all skin-injection procedures, there is a risk of infection. JUVÉDERM® should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection. The safety of JUVÉDERM® in patients with a history of excessive scarring (e.g., hypertrophic scarring and keloid formations) and pigmentation disorders has not been studied. If laser treatment, chemical peel, or any other procedure based on active dermal response is considered after treatment with JUVÉDERM® injectable gel, or if JUVÉDERM® is administered before the skin has healed completely after such a procedure, there is a possible risk of an inflammatory reaction at the treatment site.

Adverse events: The most commonly reported side effects are temporary injection-site redness, swelling, pain/tenderness, firmness, lumps/bumps, and bruising. Most side effects are mild or moderate in nature, and their duration is short lasting (7 days or less).

Important: For full safety information, please visit www.juvederm.com or call Allergan Product Support at 1-877-345-5372.

CAUTION: Rx only.

APC61ZU10

PROMOTION

redbook
notebook
what's new, noteworthy & now

PANTENE

TEXT-TO-TRY for FREE!*

Do you have color-treated hair? Text **COLORSAMPLE** to 59999 to receive a sample of the Pantene Color Hair Solutions Color Preserve Shine System!



*Pantene Free Sample Promotion sponsored by Hearst Communications, Inc. No purchase necessary. By entering, you consent to receive a further text message to notify if you are a winner or to receive a response that the Sponsor has fulfilled all the samples and there is no longer a chance to receive the sample. Sponsor's order of receipt of entries is final. Mobile phone entrants will be charged standard text messaging rates for text messages sent and received. 2ergo has a no spam promise. For help, text HELP to 59999. Text STOP to 59999 to cancel. Allow 4-6 weeks for delivery. The first 1,000 texts received will receive samples. Must be 18 years + and a legal resident of the 50 United States or District of Columbia. Void where prohibited by law. Limit one per household.

ALLI

alli is the only over-the-counter weight loss aid with FDA approval. It blocks about 25% of the fat you eat from being absorbed. When you work to lose two pounds by eating right and exercising, alli can help you lose one more. To find out more, go to myalli.com.

alli
How healthy works

METABOLIC MAX FROM JENNY CRAIG

Introducing the all-new Metabolic Max program from Jenny Craig—it's weight loss that's personalized to your metabolism. Now we monitor calories in and measure calories out, so you and your consultant can track and adjust your program for maximum healthy weight loss. Call 866-656-0970 or visit jennycraig.com/metabolicmax for more information.

Jenny Craig

METABOLICMAX

REDBOOK SHOPPER REDBOOK SHOPPER REDBOOK

classifieds 800-823-1377

Ladies Talk Free to Men Nationwide
1-800-628-LIVE Men Call 1-800-321-LIVE .69

FREE PSYCHIC READING Powerful and Amazing Predictions! Specialists in Love, Destiny, Money, Passions, Fortune, Luck & Problems. 1-800-716-1175

An Enlightened View Concerning You. Discuss Business or Personal Matters with Endless Possibilities 888-296-7457

Love Specialist - Tired of Being Alone? Lover Scared of Commitment? Don't Share Lover! Stop Breakup!
800-733-7035 Guaranteed Results.

FREE EROTIC BOOK SAMPLE
404-260-1316 EX 27. DrPlacebo.com/free2

FREE FOR WOMEN
1-888-FREE-SEX ♡ 1-888-373-3739
Talk to men about your secret fantasies.
You must be 18 or older to call.

Ladies FREE Hot Sexy Talk!
1-800-507-TALK

There are many ways to rescue a life.
Choose yours.

Give a gift of hope and humanity, starting at \$18.

Visit the IRC.org/gifts or call 1-877-REFUGEE

In places like Haiti, Congo and Pakistan, the International Rescue Committee helps people to survive and rebuild their communities.

90 cents of every dollar we spend goes directly to programs for people we serve. The gifts above symbolize what your gift can do through the work of the IRC.
©2010 International Rescue Committee
122 East 42nd Street, New York, NY 10168

From Harm to Home



Stuttering Gets Royal Treatment

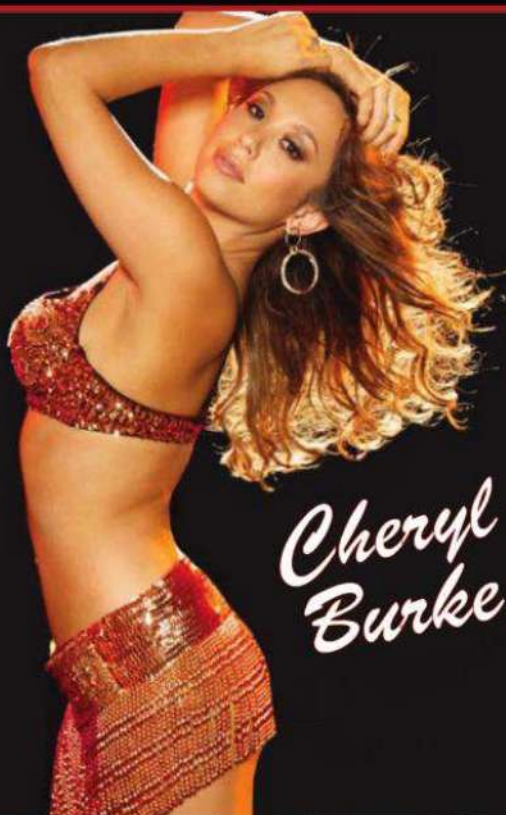
King George VI met the challenge of stuttering with courage. For more information on how you can meet your challenge, contact us.

StutteringHelp.org • 800-992-9392

Redbook Shopper Advertising
Contact: Michael Rohr
mrohr@hearst.com

"FULLfast® has been my go-to tool to keep my healthy diet in check. It helps control my appetite which makes it easy to choose nutritious foods so I don't over indulge on quick junk food."

CHERYL BURKE
-Dancing Star



Cheryl Burke



Ask Cheryl!

Q: Why Fullfast appetite control spray?

A: I think it's important people feel good about themselves without stressing over dieting. Fullfast helps you do that. It's all-natural developed in Italy and clinically tested to work!† Just three quick sprays and before I know it, even when I'm dieting, I feel satisfied until I can find the time to eat a healthy meal.

Q: So Fullfast helps you control those cravings?

A: Well, when I'm starving what I initially want to do is go for that bag of chips or piece of cake, whatever is the fastest! But instead I can just reach for Fullfast and it'll take all that away until I get a good meal in my body. A piece of cake would probably be 150 calories, Fullfast is 0 calories so there's no contest. You have to choose Fullfast.

Q: Tell us about a typical day in the life of Cheryl Burke.

A: For me, it's important to maintain my energy and to eat a good nutritious breakfast in the morning, which would be fruit or some granola or even egg whites. I try to eat small healthy meals throughout the day but that doesn't always happen. If I can't get to food then I definitely use Fullfast so until I eat, it kind of contains my hunger. All I have to do is spray Fullfast 3 times in my mouth 5 times a day. With Fullfast, I can still eat all the foods I love - even the occasional cookie or brownie - but I never end up overdoing it. I eat what I need to eat healthy and be energized throughout the day.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
**Subject to autoship. Add \$10.00 for non-Continental US shipments. †In a double-blind, placebo-controlled clinical study published in the International Journal of Obesity, Nov. 2009, female study participants following a weight loss program, used 3 full sprays of Fullfast® under the tongue 5 times a day. Within 5 days, they started to feel less hungry and experienced "significantly greater feelings of fullness" than the placebo group over the full 8-week trial period. All trademarks are property of their respective owners. © 2010 All Rights Reserved KRL

FULLfast®

Appetite Control Spray helps to:

- Reduce feelings of hunger
- Reduce appetite
- Increase feelings of satiety



Formulated to work with your brain to help you feel full.*

Great tasting spray is easy and convenient.

By working with your body and brain, Fullfast gives you support to help you stick with your diet and minimize the cheating, to get you to your goal faster than you thought possible.



You pay \$10 shipping and processing.** Call or see website for details.

TRY Before You Buy FREE

1-866-331-3198

www.TryFullFast.com/Redbook
outside US dial 561-961-5720 use promo: Kred011811

Sign up to win DWTS tickets!

No purchase necessary. Open to residents of the continental U.S., 18 and older. Void where prohibited. Official rules and end date at www.fullfast.com/membership. Registration required. See website for complete details.

Also available at these fine retailers nationwide:

Walgreens CVS/pharmacy GNC LiveWell
SHOP NATIONWIDE OR AT GNC.COM

Where did the love go?

The next time you're snuggling with your kids, think about the guy in the other room. He's your husband, the person you loved most before becoming a mom, and guess what: He *misses* you. Take it from Aaron Traister.



Redbook columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/aaron.

There was a time when I would sleep past 7:30 a.m. on the weekend. On those glorious, long-ago days, my wife, Karel, an early riser, would wake me up in a very special way. If she got me up that way now, I might think I'd died and gone to heaven. Instead, at 7:30 on Saturday mornings, I'm usually jarred awake by the knees or elbows of a small creature who has launched himself from a great height, like a professional wrestler hyping up the crowd by climbing to the top of the ropes for some violent derring-do. After landing squarely on my torso, my 4-year-old son announces, "Mom says it's time to get up." Then he wanders off to receive the gift of a warm pumpkin muffin from his loving mother for delivering her message. By the time I'm sure all my ribs are intact and make my way downstairs, I'm lucky if there is a cold, partially eaten pumpkin muffin left. More often than not, I'm stuck with Cheerios.

As I slurp my cereal, I eye my kids snuggling under a blanket on the couch with Karel, soaking up all her attention and affection.

There's no room on the couch for me. The only reason anyone bothered to wake me up is that the dog needs a walk. The three of them look so warm and happy. I remember being that happy.

Yes, it's true—I'm jealous of my kids. They stole my wife.

Don't get me wrong: I love my kids more

than anything, blah, blah, blah. But sometimes I feel like those mornings are a snapshot of my whole life now. All the energy Karel used to direct toward me in the form of sex, muffins, and, hell, eye contact now goes right to the kids in a flood of maternal infatuation. As egotistical as it sounds, it's hard for guys to go from being the center of our wives' worlds to being what feels like more of an afterthought. And that feeling festers, because how do you tell your partner she's giving your kids too much of the attention she used to give you? My friend Leif sums it up like this: "My wife and I used to talk about movies, music, and books. Now it's like I'm not even there." And my situation may be worse because I work from home and take care of the kids. I give them love and attention all day, and then Karel comes home and leaves tread marks on my face as she runs me over to smother them with kisses. I've been doing that all day! They're fine!

Before kids, we'd get home at night and Karel would ask me if I wanted a beer, then we'd make dinner and talk about our day or the upcoming weekend. Now she asks the kids about their day and what they want to do this weekend. She builds Legos and watches *Dora*. She gets them snacks, tickles them, kisses their angelic faces. No one offers Dad a beer, no one tickles Dad, no one kisses Dad's angelic face. To paraphrase Dr. Seuss, "Dad is sad. Poor, poor Dad."

Recently, when the kids invaded a moment when Karel was scheduled (yes, *scheduled*) to focus on me, I got so annoyed that, I admit, I behaved a little irrationally. We were set to go on our first date in months. Oysters were going to be involved, and I was planning to tuck in my shirt. The forecast said fancy with a chance of after-dinner "adult time." Then Noah said he felt sick. I'd seen this complaint a few times recently. Noah's discovered that when he's "sick," he gets chocolate ice cream, ginger ale, a special *Scooby-Doo* DVD, and lots of mommy cuddling. So every now and then he busts out with *oooh's* and *ahhh's* and clutches his tummy. I knew what he was up to, but all Karel could see was the moaning and wailing, which to her meant we had to cancel our date. (Meanwhile, I'd need to present Ebola-like symptoms before Karel would notice that I'm sick or think about changing her plans.)

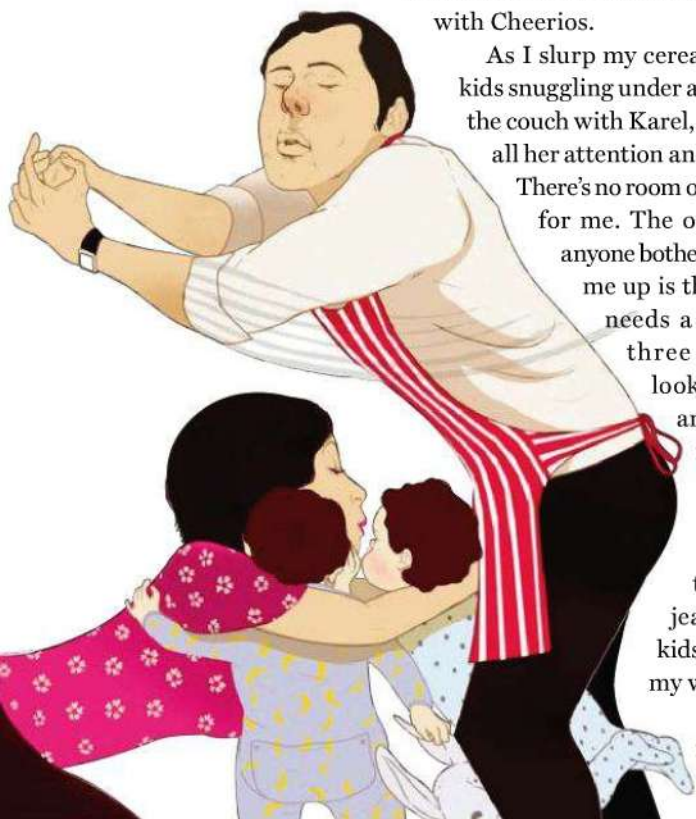


ILLUSTRATION BY MARCOS CHIN. TRAISTER: COURTESY OF SUBJECT.

Anyway, I argued that Noah was faking it. A fight ensued in which Karel accused me of only caring about getting laid after a nice dinner. I argued that it had been a while since we'd had either.

We stayed home. Karel doted on Noah, and I ate a plate of semifrozen Tater Tots over the sink. Needless to say, there was no post-Tater Tot "adult time." But it turned out that Noah *was* sick, and he spent the next few days in bed coughing up green stuff. Dad is bad. Very, very bad.

My raging guilt about Noah's flu put a few things in perspective for me. I realized that if I were Karel and working in an office, I'd have tunnel vision about time with my kids too. And I resolved to focus on the future. True, it'll be years before we enjoy lazy mornings in

bed again. But that will change someday. Our 2-year-old will get ready to choose a major, and I will get my wife back.

Meantime, I'll savor the little moments we have together. The other day, Karel and I found ourselves alone for the morning. My son was at preschool, my daughter was with her grandmother, and Karel didn't have to go to work until later. It was a rare opportunity. We decided to go to the neighborhood diner we've been going to since before we had kids. I ran across the street to get cash, and when I came back, Karel had fixed my coffee with milk and sugar and buttered my English muffin. Her simple, random act of sweetness—the kind of thing all you busy moms

out there can do with your hands tied behind your backs, I swear—worked wonders. It reminded me that even if I can't always be number one, I'm never far behind. **R**

I'd need to
present
**Ebola-like
symptoms**
before
Karel would
notice that
I'm sick.

Straight answer from the Whys Guy

Dear Whys Guy: Forget the toilet seat—why does my husband leave all the kitchen cabinets open? This makes me *nuts*. How can I break a habit like this? —Mimi, VA

Dear Mimi: Think about how you might train an animal, like a helper monkey or a circus bear. First, make yourself clear: "Honey, I would appreciate it if you'd keep the cabinet doors closed." Then reward and reinforce your husband's positive behavior, and don't give him any attention for negative behavior. (Personally, though, *this* helper monkey doesn't get what the big deal is. It's not like the dishes are going to escape, right?)

Make this the *perfect* *Valentine's Day!*



Spice things up with the amazing **NEW!**
Vibrating Tri-Phoria®
Intimate Massager

- 24 unique pleasure combinations
- 5 speeds and 3 pulse patterns
- 3 interchangeable tips & it's waterproof



ORDER NOW! Go to **TrojanRedbook.com** or Call **800-660-0360**

TROJAN® VIBRATIONS are not for sale in AL, GA, KS, LA, MS, TX or VA. ©2010 Church & Dwight Co., Inc.



If you're struggling with depression, a helping hand.

Ask your doctor about Cymbalta and the Cymbalta Promise program.

When you're depressed, every day can feel like a struggle. It can be hard to feel like things are going to get better. And even harder to think about finding the right treatment option.

The Cymbalta Promise program is designed to help you get started on Cymbalta and to encourage an ongoing dialogue with your doctor throughout your treatment. If you and your doctor aren't satisfied with Cymbalta, you may be reimbursed 100% of your out-of-pocket prescription costs for up to the first 60 days of treatment. Our goal is to help you get on the right treatment, whether it's Cymbalta or not. This program is not a guarantee of efficacy. It provides a trial period that may help you and your doctor assess the efficacy, safety, and tolerability of Cymbalta.

To learn more about the Cymbalta Promise program and to enroll, visit our website at www.cymbaltapromise.com or call 1-877-CYMBALTA.

Cymbalta is a prescription medication approved for the treatment of depression.



If you need assistance with prescription costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

DD CON-A ISI 10NOV10

Important Safety Information About Cymbalta

The most important information you should know about Cymbalta:

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

Cymbalta® (duloxetine HCl) is not for everyone. Do not take Cymbalta if you:

- have recently taken a type of antidepressant called a Monoamine Oxidase Inhibitor (MAOI) or Mellaril® (thioridazine)
- have uncontrolled narrow-angle glaucoma (increased eye pressure)

Talk with your healthcare provider:

- about all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- if you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- about your alcohol use



Introducing the Cymbalta Promise program.



Try Cymbalta for up to 60 days.
If you and your doctor are not satisfied, you'll get your money back.

Talk to your doctor and visit www.cymbaltapromise.com.

Restrictions apply; see terms and conditions below.

Important Safety Information (continued)

- about all your medicines, including those for migraine, to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- if you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- before stopping Cymbalta or changing your dose
- if you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment
- about your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- if you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- if you develop problems with urine flow while taking Cymbalta
- if you are pregnant or plan to become pregnant during therapy, or are breast-feeding

Most common side effects of Cymbalta (this is not a complete list):

- nausea, dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating

You are encouraged to report negative side effects of Prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Other safety information about Cymbalta:

Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

How to take Cymbalta:

Take Cymbalta exactly as directed by your healthcare provider. Cymbalta should be taken by mouth. Do not open, break or chew capsule, it must be swallowed whole. Cymbalta can be taken with or without food.

See back page for additional Information For Patients About Cymbalta, including Boxed Warning.

Terms and Conditions: Reimbursement offered for up to 60 days of Cymbalta therapy to a maximum of \$700. Prescriptions for more than two capsules per day are not eligible for reimbursement. Limit one reimbursement per person. Offer void where prohibited by law. Valid only in the United States for US residents. Offer not valid if your prescription claims for Cymbalta are reimbursed, in whole or in part, by (1) any governmental program, including, without limitation, Medicaid, Medicare, or any other federal or state program, such as Champus, the VA, TRICARE, or a state pharmaceutical assistance program, or (2) any third-party payer in the state of Massachusetts. By accepting this offer, you agree to notify your insurance carrier of reimbursement if required to do so by law or under the terms of coverage. Additional exclusions may apply and this offer may be terminated, rescinded, revoked or amended by Lilly USA, LLC at any time without notice. Cymbalta® and the Cymbalta Logo are trademarks of Eli Lilly and Company.



Information For Patients About Cymbalta

Please read this information carefully before you, or your family member start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

What is the most important information I should know about Cymbalta?

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); for the management of fibromyalgia (FM); the management of diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain; and for chronic musculoskeletal pain, including the management of chronic pain due to osteoarthritis and chronic low back pain.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a Monoamine Oxidase Inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions.

You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI

- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

What should I talk to my healthcare provider about?

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes

- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported

- About your alcohol use

- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products

- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles

- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta

- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly

- If you are pregnant, plan to become pregnant, or are breast-feeding

- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs

- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta

- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels

- If you develop problems with urine flow while taking Cymbalta

What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, fibromyalgia, and chronic musculoskeletal pain, including chronic pain due to osteoarthritis pain and chronic low back pain), the most common side effect was nausea.
- Other common side effects included dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating.

This is not a complete list of side effects. See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

Eli Lilly and Company
Lilly Corporate Center
Indianapolis, IN - USA

Mellaril, Nardil, Parnate, and Emsam are registered trademarks of their manufacturers.

DD68178 © 2010, Lilly USA, LLC. All rights reserved.
Cymbalta is a registered trademark of Eli Lilly and Company.

DD CON BS 17NOV10 PV 7213 amp

Feeling a little less than loving toward your loved ones? Karen Karbo understands.



Advice guru Karen Karbo is a mom, a teacher, and the author of *The Gospel According to Coco Chanel*.

Is my friend using me?

My friend and I are both stay-at-home moms with young children. I watch her kids often—at least twice a week—and for free. My friend calls it “trading” child care, but I hardly ever need her help. I’m beginning to feel resentful. It’s hard for me to say no to her since I don’t really have a good excuse. Any advice? —T.M., 30, AURORA, CO

You say you have your own young children, plural, and yet you don’t have an excuse? Honey, I can think of a dozen and I don’t even know you! We’re having family night, we’re running errands, or simply “I’m tired.” My point: Just because you’re already doing “kid stuff” with your own brood doesn’t mean you always want more kids around. You’re not a drop-in day-care center, regardless of your arrangement with your friend. So, just say no. What might have seemed workable at one time doesn’t work now; the system needs tweaking. Maybe limiting your sitting duties to once a week would do the trick. If you’re still feeling guilty, think of it this way: Nothing drives a wedge between friends (or spouses) faster than resentment. By standing up for yourself and your time, you’re also protecting your friendship.

My niece is a nightmare

Help! My 6-year-old niece behaves like she’s 2. It isn’t her fault; nobody disciplines her at home. I don’t want to make anyone angry by disciplining her myself, but I’m starting to dread seeing her. What can I do? —T.R., 43, BUFFALO, NY

My dad had a saying: “My house, my rules.” If you apply this when your niece comes over, you can tell her, “In this house we don’t yell/grab/hit,” without feeling like you’re picking on her. You’re asking her to obey *your* rules. Perhaps part of what’s going on here is that you’re more uncomfortable with your disapproval than her behavior. It never feels good to dislike a child, and yet sometimes they grate on you. We’re not better people for adoring everyone under 13. The next time you’re at your niece’s house, try to ignore her antics. If you can’t, go ahead and calmly tell her not to microwave the cat. The rest of the family may be secretly relieved that someone finally spoke up.

Will my mom and I ever be close?

My mother and I live in different states. When she visits, we get along the first day, but after that she starts criticizing me—about the way I look, what I eat. I keep quiet because I want us to be friends. How can I help our relationship grow? —S.S., 32, LAS VEGAS

You and your mom have a big disconnect, which, unless addressed, will keep you from getting close. Too much is going unsaid. So the next time she starts in on you, respond, “When you criticize me, it hurts my feelings.” Then see what she says. It’ll be awkward at first, but no one ever died from an awkward moment—or from temporarily upsetting her mother. It also might help to try to see things from her point of view. Maybe she thinks her remarks are helpful, not critical. But you’ll never know until you talk about it.

She can’t keep a secret

I have a coworker who is an office-gossip gold mine but can’t be trusted to keep anything I say confidential. I’m worried, though, that if I clam up, she will too. How can I stay in the loop without betraying colleagues’ confidences? —J.T., 26, NEW YORK CITY

People love to talk about themselves, and your coworker is no different. Steer clear of gossip by focusing on her and her superior intel. She’ll be thrilled to reward you with what she knows.

Need advice about something in your life?

Send your questions about friends, family, men, colleagues, and anyone else to karenkarbo@redbookmag.com. Please include your initials, age, city, and state. Letters may be edited for clarity and length.

Little girls gone wild



The video that launched a million gasps: 8- and 9-year-olds booty-shaking to "Single Ladies."

Push-up bras, pedicures, hip-hop dance classes: These are now the social currency of the under-10 set. What happened? And how can we help our girls stay *girls* for longer? Rachael Combe reports.

It was the high heels that finally got my attention—my daughter received four pairs for her second birthday, pink plastic ones with rhinestones and feathers. Louisa quickly became disconcertingly expert at walking, running, and kicking soccer balls in them. I couldn't put my finger on why they creeped me out. After all, I loved to play dress-up at her age too. My grandmother was petite, almost child-size, and I spent half my childhood swanning around in her low-cut evening gowns, my cheeks rouged up with her Mary Kay. But then I realized there *was* a major difference: I played dress-up with my grandma's high heels. Louisa plays dress-up with heels that have been manufactured for and marketed to children—with their own celebrity style icon in 4-year-old Suri Cruise, who has been known to wear higher heels than I do as an adult.

There's been a lot of noise about little girls acting and dressing way too sexy lately. To be perfectly honest, I wasn't that concerned when Miley Cyrus took her clothes off, or when her then-9-year-old sister, Noah, showed up for a Los Angeles Halloween

event dressed in what looked like a Goth hooker outfit. (*Those crazy child stars*, I said to myself.) I rolled my eyes at the YouTube clip of scantily clad 8- and 9-year-olds in a dance competition, pelvis-thrusting to Beyoncé's "Single Ladies"; it reminded me of the show *Toddlers & Tiaras*—disturbing, but very different from the reality of most kids. But then I started hearing reports from my real-life friends. One complained that they only make padded training bras now and that her sixth-grader looked like a Pamela Anderson wannabe. Another called to talk about her 6-year-old's dance-recital costume: fuchsia hotpants with heart appliqués on each buttock. The insanity seems to be trickling down to real girls—*our* girls. Take this so-wrong-I-hope-it's-not-right statistic: According to a survey by the National Campaign to Prevent Teen and Unplanned Pregnancy and CosmoGirl.com, 22 percent of girls ages 13 to 19 have sent or posted nude or semi-nude pictures of themselves online.

Luckily, Louisa doesn't know how to operate the camera or computer, and I feel pretty certain that I can prevent her from turning into a teen

who lists "topless dancer" as one of her career aspirations. Yet the first thing you learn in parenting is that pride comes before a fall (you know, the old "My children will never watch TV/whine/sleep in my bed" thing). So I wondered: When do I start taking action to protect her from our supersexed culture—and what do I do, short of sending her to a nunnery? I posed the question to educators and moms around the country—and while I discovered that it all begins much earlier than you'd think, I also learned that there's a lot that parents can and should control.

The terrifying truth: It starts with princesses

My innocent toddler is already a prime marketing target, I learn when I speak to Peggy Orenstein, the author of a new book, *Cinderella Ate My Daughter: Dispatches From the Front Lines of the New Girlie-Girl Culture*. "It's subtle stuff that puts girls on the road to getting their identity from how they look, which as they get older will be increasingly defined as hot and sexy," she tells me. "And you can see it starting with the Disney princesses." In

Preschoolers getting the full mani-pedi treatment (because that's what girls do!).



Noah Cyrus, 9, dresses as a sexy—well, we're not exactly sure *what*—for a 2009 Halloween event.



Orenstein's book she makes the case that girlhood really *is* different today: more commercialized (companies spent \$100 million in advertising to kids in 1983; today they spend almost \$17 billion), more girly (nearly everything manufactured for girls—from birth—is screamingly, irritatingly, blindingly pink), and increasingly sexualized.

You may balk—what's sexy about a little girl in a pink princess costume? But sexy, as it turns out, is not the same thing as *sexualized*. Sexualization is not only imposing sexuality on children before they're ready and viewing girls as sexual objects, but also valuing a girl for her appearance over her other attributes. "Princesses are just a phase," Orenstein writes, but they mark a girl's "first foray into the mainstream culture.... And what was the first thing that culture told her about being a girl? Not that she was competent, strong, creative, or smart but that every little girl wants—or should want—to be the Fairest of Them All."

Orenstein builds her case with stats showing that the more a girl is exposed to girly-girl culture, the more vulnerable she is to depression, eating disorders, distorted body image, and risky sexual behavior. She describes one study in which college girls shown just two commercials with stereotyped portrayals of women—a girl raving about acne medicine and a woman thrilled with a brownie mix—expressed less interest in math- and science-related careers afterward than girls who hadn't been shown the ads. These days, the average child in America watches an estimated 40,000 ads a year.

"Just as they say marijuana is a gateway drug, all this stuff that's being marketed to little girls is a gateway to sexualization," agrees Rachel Simmons, author of *The Curse of the Good Girl: Raising Authentic Girls With Courage and Confidence*. Simmons points, for example, to the trend of moms treating preschoolers to manicures. "When you take a girl to a salon at age 4, it equates prettying yourself with closeness to your parent. There's a message there: *This is how we spend time*," she tells me.

"You're training her that buying things is what makes you valuable as a girl."

What begins with Cinderella is followed, once girls hit grade school, by less innocent stuff: TV programs like *Hannah Montana* and *iCarly*, which center around eye-rolling, miniskirt-clad girls whose idea of success is being a rock diva or a reality star. Their rapt audience—most in the 6-to-11-year-old demographic—follows the shows and the offscreen lives of their stars with wide-eyed curiosity. And then so many of those tween idols—girls such as Britney Spears, Lindsay Lohan, even Miley—wind up as premature sex symbols, headed for a fall. You can argue it has always been thus (Maureen McCormick has said she traded sex for cocaine shortly after playing Marcia Brady—Marcia, Marcia, *Marcia!*), but back then we never heard a peep about it. Now our 24-hour news cycle brings their skimpy outfits and crazy antics straight into our homes, where our kids can get a load of them.

"It's a pattern," Orenstein says. "They go from being role models, doing things like wearing promise rings, doing charity work, and what's the next step? They take their clothes off or head to rehab. The road to female identity is rocky right now, and these stars are traveling it in a writ-large, public way that reflects, in a smaller way, the dilemmas real girls face."

So how do you keep your little girl from becoming *that* girl, when the line between good femme fun and scary consumerism is so faint? ►



Above: Suri Cruise in her dancing heels. Left: All prettied up at Disney's Bibbidi Bobbidi Boutique.



At top: Miley Cyrus's grade-school fans; the singer works the pole at the 2009 Teen Choice Awards.

Katy Perry—a questionable role model—greeted a young admirer.

When to say no... and when to say nothing

It was already too late when Lisa Khakee, a mom of two girls, 4 and 7, realized she might have gone too far. "I've been to the Bibbidi Bobbidi Boutique," she laments, referring to the salon at Disney World where girls are painted with glitter makeup and given hair extensions and manicures. "And I have no one to blame but myself. I'd heard about it from other parents; my girls had no idea what it was." The end result was beauty treatments her kids found mildly amusing at best and painful and itchy at worst. "They had more bobby pins and hair-spray in their hair than I did on my wedding night," says Lisa, whose youngest deconstructed the 'do as soon as they left. In retrospect, she feels foolish for buying her girls a full-on salon experience when they hadn't even thought to want it.

But what happens when they *do* want it, expressing interest in something you can't stand (like, say, Bratz dolls, those bedroom-eyed plastic playthings that appear to be dressed for a shift at the Hustler Club)? Veteran teachers I spoke with said one of the biggest changes in students over the years is they've grown less and less accustomed to the word *no*. People are putting

their kids in the driver's seat, but, let's face it, kids are crappy drivers. Your daughter may love the sweats with JUICY emblazoned across the butt—but she also may love eating Pixy Stix for lunch. "We've learned to feel that we can't go up against the culture or the peer group," Orenstein told me. "But I really think you can. Your child wants to know your values."

Yet simply putting your foot down won't work. "When you do say no, you have to treat it as a more complicated issue," says Diane Levin, Ph.D., a

professor of education at Wheelock College in Boston and coauthor of *So Sexy So Soon*. "You can't just say, 'Here's the right answer,' thinking it will sink in." Ask your kids why they like the toy or TV show they're begging for. "It gives you the opportunity to add other voices in their heads besides advertising or their peers."

Jodi Belshe of Overland Park, KS, was appalled when she heard her 10-year-old mindlessly singing Katy Perry's song "California Gurls," warbling lyrics about women wearing "Daisy Dukes, bikinis on top." Jodi resisted the urge to freak out and instead asked her daughter what she thought the song's message was. Her daughter said, "I guess it's about girls showing off their bodies." Jodi wondered aloud if her daughter thought that was a great way to get attention. "I think I'd rather my friends liked me because I was smart or kind," she answered after some thought, to her mother's relief. "Well, that's why I don't want you to listen to that song," Jodi said. "Neither of us agrees with the message."

While it can seem like Katy Perry and her ilk are being beamed directly into kids' brains while they sleep, the culprit I heard cited over and over is television. Some parents take the tactic of watching shows with their kids—and offering play-by-play commentary. Kimberly Stelting of Olathe, KS, has been known to embarrass her daughters (12, 14, and 16) by giving matter-of-fact information about sexual content slipped into "family" TV shows. "I once had to explain the word *douche*! And when I was done, my daughter said she wished I hadn't," she reports. "But I just say, 'You wanted to watch the show; now we have to talk about what you saw.'"

For younger kids, some parents have taken it a step further and removed choice from the equation. Ann Friedman of Durango, CO, tried to get her 8-year-old to "stick to PBS, but she'd channel surf and end up watching *Hannah Montana* and *iCarly*." Ann started to notice a new attitude from Iris. "She'd put her hand on her hip

and say, 'Mom,'" Ann says, making her voice drip with adolescent disgust. "And then I realized that's what those girls do." Now their TV viewing is all done via mom-approved DVD.

Keeping an eye on what they're doing shouldn't stop at the TV screen, either. Karen Mallow of Ancram, NY, told me her 13-year-old likes to try on outfits with her friends and take pictures like fashion models. One afternoon, as Karen perused the shots on her daughter's MacBook, she saw a few way-too-provocative poses one girl had struck on her daughter's bed. "I made her delete them," she says. "I said, 'Once this is on your computer, you could hit the wrong button. If this gets out, you don't know where it'll end up.'"

Point them in the right direction

This can start to sound like a lot of medicine-taking: monitoring every show a child watches, telling a girl over and over how unnatural Barbie's measurements are. And in fact, one tactic advertisers use is to paint parents as big spoilsports. "Companies employ developmental psychologists to craft their message and tell kids, particularly in the preteen years, 'You're in charge, you make it happen, this is your identity,'" says Lyn Mikel Brown, Ed.D., a professor of education at Colby College in Maine and coauthor of *Packaging Girlhood*. "So when you say, 'No, bad, awful,' kids see it as you taking their fun and their choices away." Which, of course, makes the forbidden fruit that much more alluring.

Mikel Brown recommends trying to change the conversation to a positive one: "Invest the good stuff with a lot of energy and excitement, the way the media invest things with energy and excitement." Lisa Khakee, for example, bought her 7-year-old a set of *Little House on the Prairie* books, then, when that was a hit, found the DVDs—and ultimately got her daughter so worked up about prairie life that she dressed as Laura Ingalls Wilder for Halloween, neatly sidestepping the racks of slutty-pirate-girl/jailbait-witch costumes.

Encouraging girls to play sports is another way to get them focused on the strength of their bodies, not just on how they look. "I talk about it with my friends; sports give our daughters a sense of confidence and self-worth," says Laura Hohnhold of Evanston, IL, the mom of a 12-year-old who swims and plays softball.

Sports also create healthy common ground between girls and boys. Educa-

being sexual. The right time is great. But the wrong time really messes with their heads." So what's the right time? It's every parent's judgment call, Silverman says, but it's when a young woman has not only developed physically but also possesses the maturity to understand the message she sends with smoky eyeliner and

People are putting their kids in the driver's seat. But, let's face it, kids are crappy drivers.



Learn to say no: Bratz dolls are a good place to start.

tors say they're seeing the end result of the all-blue-for-boys, all-pink-for-girls marketing trends: boys and girls who have a harder time playing together, which ultimately leaves both sexes lagging in academic and social development. Further, there's evidence that kids who play well with the opposite sex grow up to have more positive, long-lasting romantic relationships.

The key is not to *sexualize* those friendships, Orenstein says. A 5-year-old girl's friend who is a boy is not a *boyfriend*. Laughing about how cute they are and their impending marriage is a surefire way to embarrass the poor thing and send her running into the safety of making hot-pink sparkle jewelry with her girlfriends.

Her point leads to an important lesson in all of this: As counterintuitive as it may feel, sex is not the enemy. Robyn Silverman, Ph.D., a child development specialist in New Jersey, says we must be careful, in our zeal to shelter our daughters, not to make sex seem bad or scary: "We want girls to grow up and have full, responsible, passionate sexual relationships. That's why sexualization is so detrimental. If they're hurried along before they're ready, they can associate negative feelings with

a tight skirt—and to handle the reactions they elicit.

Protecting your daughter doesn't mean never talking about sex or never telling her she's beautiful. "It just can't be the only thing you find praise-worthy," says Silverman. "She's smart and interesting and funny—and she's pretty."

My daughter, Louisa, is beautiful to me, breathtakingly so. It was the first thing I said when she was born, and then I cried because I was so happy to see her. I still feel that way. Every morning, I'm just so delighted to see that little face, those strong, chubby limbs. We call her The Viking because she's so exuberant, so gung ho. The idea of her some day comparing herself to Cinderella, or Barbie, or some simpering teen queen on TV and finding herself lacking—too fat, too skinny, too loud, nose too big, lips too small—and trying to compensate with store-bought sexiness breaks my heart. I don't want anyone to take that light out of her heart or out of her eyes. My goal then, I suppose, is to teach her to see herself as I see her, and to love herself as I love her, as someone who already possesses everything she needs. **R**

Jennifer Grey, interviewed by her daughter Stella, 9

Stella: After you won *Dancing With the Stars*, did you feel like you wanted to do it again or that you never wanted to do it again?

Jennifer: I felt like I never wanted to do it again.

I knew when I won that it was a once-in-a-lifetime moment, and I wanted to hold on to that. You gave me amazing advice during the entire 10 weeks.

Stella: What did I tell you when you would come home and weren't feeling so good?

Jennifer: You would say, "Would you come lie with me or watch a movie with me?"

And even when I'd have to go to a rehearsal and not be able to be with you, you always said, "It's okay, Mom. I'm going to be here in three weeks when it's all over, but you're never going to have a chance like this again."

Stella: What's the one food that you tell me not to eat but that you secretly love?

Jennifer: [Laughing] Okay, I'll tell it to you, but I have to whisper it. [In a hushed voice]

Frosted Flakes. And also frozen Snickers.

Stella: I love Frosted Flakes too! And I loved, when you were doing the show, that Dad bought that crepe-maker thing and we started making crepes in the morning.

Jennifer: I never even knew Dad could cook at all, much less go out and buy a crepe pan and a crepe cookbook. I was very impressed. ➤

The *Dancing With the Stars* champion with her favorite coach.



©2011 Hallmark Cards, Inc. All Rights Reserved. "All the Ways I Love You" is a registered trademark of Hallmark Cards, Inc.



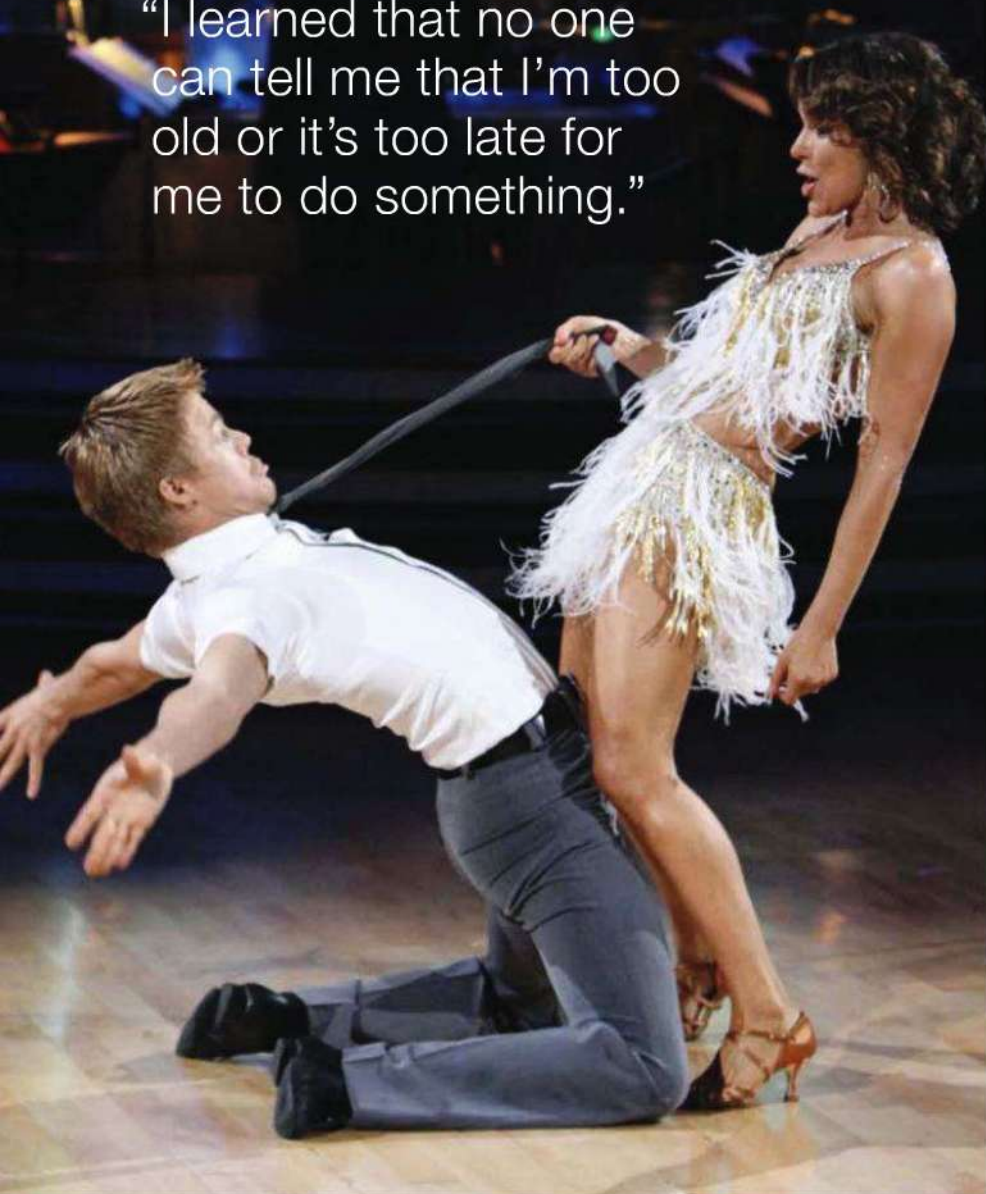
SEE ALL 12 TITLES
EXCLUSIVELY AT
HALLMARK GOLD
CROWN STORES.



HALLMARK RECORDABLE STORYBOOKS play your voice reading every page of a favorite story. So you'll be home to tuck them in no matter where you are. And bedtime will always be a special occasion.

Life IS A SPECIAL OCCASION.
Hallmark
GOLD CROWN

"I learned that no one can tell me that I'm too old or it's too late for me to do something."



Left: Jennifer and her *DWTS* partner, Derek Hough. Above: With Stella backstage at the finale.

Stella: If you could be a backup dancer in any music video right now, who would it be for?

Jennifer: Hmm, maybe Lady Gaga. That's the one you'd probably like me to be in, right?

Stella: Well, I like her, but that's a hard question because I like a lot of different kinds of music. Could you teach me and my friends how to dance, even though I already know how?

Jennifer: I think you and your friends could teach me how to dance. I've seen some of your moves and I don't know where you come up with them, but they're fresh!

Stella: What's one of your favorite things that we've done together?

Jennifer: When you and I went camping this past summer, just the two of us. I loved when we stayed in a tent and roasted marshmallows and made

s'mores and went horseback riding all around the creek.

Stella: My favorite part of all was just being with you alone together. You can be an actress and a dancer and a great, funny, messy, nature-camping mom. What was the best thing about winning *DWTS*?

Jennifer: I don't think I ever once actually thought I could win.

The best feeling about having won

was knowing that I hadn't quit even though it was incredibly hard. I learned that no one can tell me that I'm too old or it's too late for me to do something.

Stella: I was so proud of you. But I would be proud of you if you fell in mud. Even though we already share clothes, can we share more now that you're really fit and small?

Jennifer: Like I always say, you can borrow anything you want from my closet as long as you treat it well and put it back where it belongs.

Stella: My favorite outfit that you wear is that soft white shirt that buttons down the front and has lines on the side with white jeans and your white boots and you are a cool mom! You were a cool mom in *Ferris Bueller* too. You were young, blonde, and beautiful, but I think you will be beautiful even when you're a hundred years old. No one compares to Jennifer Grey, and no one can put Jennifer in the corner! —ADAPTED BY LORI BERGER



LUNCH BREAKS
are **NOT** for
RUNNING ERRANDS.

They're for mailing the perfect
card without leaving your desk.



FREE STAMPS ON CARDS WE ADDRESS FOR YOU
PLUS **FREE** ADDRESSING & MAILING SERVICE

Go to Hallmark.com/cards for details and enter STAMPRB at checkout.

PERSONALIZED CARDS FROM HALLMARK.COM make
the fun of sharing a real card fast and easy. Because
we stamp, address and mail them for you on any
date you choose. With a few clicks, you can make
any day a special occasion.

Life IS A SPECIAL OCCASION.


HALLMARK.COM

Important Safety Information About CIMZIA® (certolizumab pegol)

What is the most important information I should know about CIMZIA?

CIMZIA is a prescription medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before starting CIMZIA. Your doctor should monitor you closely for signs and symptoms of TB during your treatment with CIMZIA.

Certain Types of Cancer

There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents. CIMZIA is not approved for use in pediatric patients. For people taking TNF-blocker medicines, including CIMZIA, the chances for getting lymphoma or other cancers may increase. People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

Before starting CIMZIA, tell your doctor if you

- Think you have an infection. You should not start taking CIMZIA if you have any kind of infection, are being treated for an infection or have signs of an infection such as fever, cough or flu-like symptoms or if you get a lot of infections or have infections that keep coming back.
- Have any open cuts or sores
- Have diabetes or HIV
- Have TB, or have been in close contact with someone with TB
- Were born in, lived in, or traveled to countries where there is more risk of getting TB. Ask your doctor if you are not sure.
- Live or lived in certain parts of country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may develop or become severe if you take CIMZIA. If you do not know if you have lived in these types of areas, ask your doctor.
- Have or have had hepatitis B
- Have or have had any type of cancer
- Have congestive heart failure

- Have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to receive a vaccine. Do not receive a live vaccine while taking CIMZIA
- Are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.
- Especially tell your doctor if you take: Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab), or another TNF blocker. You have a higher chance for serious infections when taking CIMZIA with these medicines. You should not take CIMZIA while you take one of these medicines.

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

What are the possible side effects of CIMZIA? CIMZIA can cause serious side effects including:

Heart Failure including new heart failure or worsening of heart failure you already have; **Nervous System Problems** such as Multiple Sclerosis, seizures, or inflammation of the nerves of the eyes; **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swollen face, or trouble breathing; **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases, patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood; **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding; **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects of CIMZIA are: upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

Other side effects have happened in some people including new psoriasis or worsening of psoriasis you already have and injection site reactions.

You are encouraged to report negative side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary on following pages.

For treatment of adults with moderate to severe Rheumatoid Arthritis

**Cimzia. RA relief that can help
you get a better grip on life.**



Fast, Lasting Cimzia has been clinically proven vs. placebo to reduce RA pain, stiffness and fatigue in as little as 1-2 weeks for some patients. The majority experienced RA signs and symptoms improvement within 6 months which lasted through 1 year and prevented further joint damage. Your results may vary. Based on what you and your doctor decide, Cimzia can be injected every 2 or 4 weeks after initial dosing.

Ask your doctor about the benefits and risks of Cimzia.

Pre-filled syringe designed for ease and comfort in partnership with **OXO GOODGRIPS**

Please read the Important Safety Information on the adjacent page.



cimzia[®]
(certolizumab pegol)

Visit cimzia.com/RA
Call 1-877-793-6410

Consumer Brief Summary for Cimzia®

CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION.

cimzia®
(certolizumab pegol)

Read the Medication Guide that comes with CIMZIA before you start using it, and before each injection of CIMZIA. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about CIMZIA?

CIMZIA is a medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.

- Your doctor should test you for TB before starting CIMZIA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with CIMZIA.

Before starting CIMZIA, tell your doctor if you:

- think you have an infection. You should not start taking CIMZIA if you have any kind of infection.
- are being treated for an infection.
- have signs of an infection, such as a fever, cough, flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have HIV
- have tuberculosis (TB), or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may develop or become more severe if you take CIMZIA. If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), or Tysabri® (natalizumab)

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

Certain types of Cancer

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For people taking TNF-blocker medicines, including CIMZIA, the chances of getting lymphoma or other cancers may increase.
- People with RA, especially more serious RA, may have a higher chance of getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of CIMZIA?" for more information.

What is CIMZIA?

CIMZIA is a medicine called a Tumor Necrosis Factor (TNF) blocker. CIMZIA is used in adult patients to:

- Lessen the signs of symptoms of moderately to severely active Crohn's disease (CD) in adults who have not been helped enough by usual treatments.

- Treat moderately to severely active rheumatoid arthritis (RA).

It is not known whether CIMZIA is safe and effective in children.

What should I tell my doctor before starting treatment with CIMZIA?

CIMZIA may not be right for you. Before starting CIMZIA, tell your doctor about all of your medical conditions, including if you:

- **have an infection.** (See, "What is the most important information I should know about CIMZIA?")
- **have or have had any type of cancer.**
- **have congestive heart failure.**
- **have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis.**
- **are scheduled to receive a vaccine.** Do not receive a live vaccine while taking CIMZIA.
- **are allergic to any of the ingredients in CIMZIA.** See the end of this Brief Summary for a list of the ingredients in CIMZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.

Tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Your doctor will tell you if it is okay to take your other medicines while taking CIMZIA. Especially, tell your doctor if you take:

- Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab). You have a high chance for serious infections when taking CIMZIA with Kineret®, Orencia®, Rituxan®, or Tysabri®.
- A TNF blocker: Remicade® (infliximab), Humira® (adalimumab), Enbrel® (etanercept), Simponi® (golimumab).

You should not take CIMZIA, while you take one of these medicines.

How should I use CIMZIA?

- If your doctor prescribes the CIMZIA lyophilized pack for reconstitution, CIMZIA should be injected by a healthcare provider.
- If your doctor prescribes the CIMZIA prefilled syringe, see the section **"Patient Instructions for Use"** at the end of the Medication Guide for complete instructions for use. Do not give yourself an injection of CIMZIA unless you have been shown by your doctor or nurse.
- CIMZIA is given by an injection under the skin, into your abdomen or thigh area. Your doctor will tell you how much CIMZIA to inject and how often to inject CIMZIA, based on your condition to be treated. Do not use more CIMZIA or inject more often than prescribed.

What are the possible side effects of CIMZIA?

CIMZIA can cause serious side effects including:

See **"What is the most important information I should know about CIMZIA?"**

- **Heart Failure** including new heart failure or worsening of heart failure you already have. Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.
- **Nervous System Problems** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Symptoms include dizziness, numbness or tingling problems with your vision, and weakness in your arms or legs.
- **Allergic Reactions.** Signs of an allergic reaction include a skin rash, swelling of the face, tongue, lips, or throat, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood.** In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you

Getting a **better grip** on RA can start with this syringe.

carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:

- feel unwell
 - tiredness (fatigue)
 - poor appetite
 - fever, skin rash, or joint pain
- **Blood Problems.** Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that doesn't go away, bruising or bleeding very easily, or looking very pale.
- **Immune reactions including a lupus-like syndrome.** Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects in people taking CIMZIA are:

- upper respiratory infections (flu, cold)
- rash
- urinary tract infections (bladder infections)

Other side effects with CIMZIA include:

- **Psoriasis.** Some people using CIMZIA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with CIMZIA.
- **Injection site reactions.** Redness, rash, swelling, itching or bruising can happen in some people. These symptoms will usually go away within a few days. If you have pain, redness, or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.

Tell your doctor about any side effect that bothers you or does not go away.

These are not all of the side effects with CIMZIA. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about CIMZIA

Medicines are sometimes prescribed for purposes that are not mentioned in Medication Guides. Do not use CIMZIA for a condition for which it was not prescribed. Do not give CIMZIA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about CIMZIA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CIMZIA that is written for health professionals.

For more information go to www.CIMZIA.com or call 1-866-4CIMZIA (424-6942).

Always keep CIMZIA, injection supplies, puncture-proof container, and all other medicines out of the reach of children.

What are the ingredients in CIMZIA?

CIMZIA lyophilized powder: Active ingredient: certolizumab pegol. Inactive ingredients: sucrose, lactic acid, polysorbate. The pack contains Water for Injection, for reconstitution of the lyophilized powder.

CIMZIA prefilled syringe: Active ingredient: certolizumab pegol. Inactive ingredients: sodium acetate, sodium chloride, and Water for Injection.

CIMZIA has no preservatives.

Product developed and manufactured for:

UCB, Inc., 1950 Lake Park Drive, Smyrna, GA 30080 U.S. License No 1736



Cimzia® is a registered trademark of the UCB Group of companies.

© 2009 UCB, Inc., Smyrna, GA 30080 All rights reserved.

Printed in the U.S.A.

OXO, Good Grips and the associated logos are trademarks of Helen of Troy Limited and are used under license.

CCD123-1209 4E



Guided by input from people with RA,
the CIMZIA syringe was designed for
ease and comfort in partnership with

OXO GOOD GRIPS

You may save up to \$500 on each CIMZIA
prescription if you qualify. Go to cimzia.com/RA


cimzia®
(certolizumab pegol)

For moderate to severe RA adults.

Anaphylaxis or serious allergic reactions may occur.
Hypersensitivity reactions have been reported rarely
following CIMZIA administration.

Please see Brief Summary on previous page.



odyssey.honda.com



VAN. MYTH. LEGEND.

The best-selling minivan* in the land is now vanlier than ever before. Available features like a Split-Widescreen Rear Entertainment System†, a hard drive that fits thousands of songs,** a USB Audio Interface†† and a leather-trimmed interior will have you riding in dazzling van glory. While a powerful and efficient 28 hwy mpg‡ V-6 engine will take you places you forgot existed. Introducing the all-new Honda Odyssey. **Like no van before.**

ODYSSEY

1-800-33-Honda *Based on R. L. Polk & Co. U.S. retail registrations, Minivan segment, 1/08 - 7/10. †A separate source device is required to use split-screen function. **Hard disk drive (HDD) 15-GB memory audio system standard on navigation-equipped models. ††The USB Audio Interface is used for direct connection to and control of some current digital audio players and other USB devices that contain MP3, WMA or AAC music files. Some USB devices with security software and digital rights-protected files may not work. Please see your Honda dealer for details. ‡19 city/28 hwy 2011 EPA mileage estimates for Odyssey Touring models with 6AT. Use for comparison purposes only. Actual mileage will vary. Touring Elite model shown. ©2010 American Honda Motor Co., Inc.

MAKE IT WORK

TIME, JOB & MONEY TIPS YOU NEED NOW

● **Power down at the office.** “When you’re making dinner while emailing, no one gets your full attention,” says Kimberly Yorio, author of *Happy at Work, Happy at Home*. “Before you leave your desk, write a to-do list for the next day, shut down your computer, and turn off your BlackBerry.” Those rituals shift you into off-hours mode.

● **Decompress.** A UCLA study found that women who unwind after work had fewer spouse or kid conflicts than those who dived right in to family life. To de-stress, belt out tunes in the car or call a friend. At home, take time to put on comfy clothes and *breathe*.

● **Head back out.** Piles of studies show the mind-body perks of taking a walk. Bring the kids and your guy along and do the “How was your day?” thing in motion; you’ll get actual answers. “Exercise raises dopamine levels in men, which increases communication,” says John Gray, author of *Men Are From Mars, Women Are From Venus*. —NICOLE YORIO

IT'S 6 P.M.

Time to
COME HOME
and relax

TIME SHAVERS

Don't waste hours at the doctor's office

● Avoid waiting-room purgatory.

The average wait time in a doctor's office is 22 minutes—up from 16 minutes in 1989, according to reports. To get in faster, book the first appointment of the day or the first one after lunch, says Stephen Rimar, M.D., chief medical officer at New York Hospital Queens. If you can't get either slot, call ahead and ask if the doctor is running late, and see if you can adjust your arrival time, suggests Jennifer Ashton, M.D., author of *The Body Scoop for Girls*. Also, try to go to the doctor Tuesday through Thursday, which are the days with the least patient traffic.

● Be prepared—and proactive.

To prevent having to make a follow-

up visit, when you schedule your appointment ask if you need to bring any medical records or prescription information, or if you'll be taking blood or urine tests (or getting X-rays) that require lifestyle or dietary changes pre-visit, Rimar says. Also, most offices will email or fax you forms to fill out at home; call ahead and request them.

● **Email your M.D.** Patients with on-line access to their doctors receive more effective care *and* have healthier outcomes, according to a study in the journal *Health Affairs*. "My patients send me questions I can answer via

email so they don't have to be seen," Ashton says. "It's worth asking your doctor if he's open to this."

● **Check online resources.** Webmd.com and medicinenet.com offer doctor-approved symptom-checkers and treatments to try at home. Use the sites to see if you can rely on home remedies for an ailment or if you should get to a physician stat.



Her foot might heal itself by the time she sees the M.D.



HOT GUY WITH A HANDY TIP

Train's Pat Monahan

The lead singer of Train, whose single

"Hey, Soul Sister" topped many family playlists last year, is on a world tour that hits nearly 150 cities in 14 months. How has he managed to stay fit on the road? "I travel with a BOSU ball and a chin-up bar, and before I perform, I do a half-hour workout in my hotel room," he says. "That's my secret to staying in shape. Anyone can do it without equipment if they do push-ups, squats, and abs—even for just 10 minutes. I'll be exhausted from a show the night before, but working out gets my blood pumping and gives me energy for the night."



Great tips from your dad's dad

Grandpas are full of useful information, much of it gathered in the new book *How to Build a Fire, And Other Handy Things Your Grandfather Knew* by Erin Bried. For instance: If leather shoes get white streaks from road salt, mix a tablespoon of vinegar and a cup of water and wipe the salt away. Buff scuffs with a dab of non-gel toothpaste and a moist rag. Just like new!

THE IMPERFECTIONIST

"There are many days when I wash and style only my bangs. I actually wash them in the sink! It only takes minutes, and it's my absolute quick fix for a fresh look."

—CAROL BILOTTA, PINE HILL, NJ



Fact:



Children's Advil® brings fever down faster than Children's Tylenol®.

**Children's Advil also keeps your child's fever down longer.
Nothing is proven better on fever. Not even Children's Motrin®.
Look for Children's Advil in the cough/cold aisle today.**



Relief You Can Trust

Among OTC pain relievers. Brands are trademarks of their respective owner. Based on reducing fever below 100°F.

Football family confessions from Drew and Brittany Brees

When Drew celebrated last year's Super Bowl win by kissing his wife, Brittany, and son, Baylen, the world let out a big *awww*. Turns out, life off the field is just as sweet.



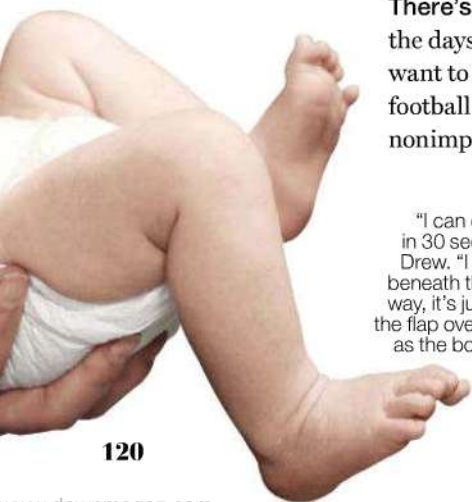
Future QBs: Baylen (left) and Bowen, born in October, with Brittany (below).



"When I was pregnant with Bowen, I craved Wendy's spicy chicken sandwiches," says Brittany. "Drew always got me one on his way home from practice."



"When Drew is out of town, we keep in touch through Skype," Brittany says. "A lot of the videos involve me running around after Baylen, holding the laptop because he can't sit still!"



"I can change a diaper in 30 seconds flat," says Drew. "I set the new one beneath the old one. That way, it's just wipe and pull the flap over. That's as long as the boys will stay put!"



"The boys have been going to games since they were 4 weeks old," Brittany says. "They wear their little jerseys and headphones. Bowen gets the hand-me-downs."

Spontaneous moments have the most magic. "Our Super Bowl kiss was totally spur of the moment," Drew says. "I was overwhelmed, and I thought, *How am I ever going to find Brittany?* I got up on the podium and saw her fighting her way through the crowd with Baylen in her arms. All I wanted to do was kiss her and grab him and kiss him. I whispered to Baylen, 'We did it, my boy!' I will remember it as one of the best moments of my life." "The great thing is that I was pregnant and Drew had no idea," says Brittany. "So technically, both boys were on the stage. Bowen doesn't have to feel left out."

Traditions keep us close. "We always talk on the phone before Drew goes on the field," Brittany says. "We have a ritual, and we say the same things. I can't tell you what we say because we're superstitious, and that might jinx it!" Adds Drew: "If I call and she doesn't answer—she might be in the shower or chasing Baylen—I'll study my plans and then call again. The point is, I don't turn my phone off unless we've spoken."

Parenthood would be impossible without... a village. "The more people you have in your children's lives, the more people there are to love them," says Brittany. "We have a great group of football wives who do playdates, and my mom watches the two boys so Drew and I can go out for sushi or to the movies."

There's more to life than football. "I'm definitely not counting down the days to enroll the boys in pee-wee football," says Brittany. "We want to let our kids do what they love, whatever that is. Frankly, football is a dangerous sport. So if they want to play golf or anything nonimpact, that would be even better!" —AS TOLD TO NICOLE YORIO



"We let Baylen play with a little set of golf clubs, and he almost took an eye out," Brittany says. "So we put them away for now."



"We funded the field renovation and weight room at Lusher Charter School in New Orleans," says Drew. "The students and faculty have made us feel like family."

CLOCKWISE FROM TOP RIGHT: SPORTS ILLUSTRATED/GETTY IMAGES; COURTESY OF LUSHER CHARTER SCHOOL; COURTESY OF THE NEW ORLEANS SAINTS; PAPER BOAT CREATIVE/GETTY IMAGES; WALKER AND WALKER/GETTY IMAGES; GREG SCHUSTER/GETTY IMAGES; FILMMAGIC/GETTY IMAGES; CIARAN GRIFFIN/GETTY IMAGES.

**EVIL MORNINGS ARE NO MATCH
FOR TURKEY SAUSAGE.
HONESTLY, NOTHING IS.**



New Jimmy D's helps your kids reach their full potential.
Made with Turkey Sausage and Cinnamon Glazed French Toast
for a taste kids love, it's a great way to start their day right.

6 ways to keep a homeless family warm this winter

The number of American families with no place to call home has shot up 30 percent since 2007. Helping is easier than you think—just pick from this list!



Jennifer Maulsby and her son, Liam, bag up donated staples for the homeless.

1 Give the basics. It's a tragic fact that right this instant, thousands of parents and their kids have nowhere to live—and often no access to simple necessities that most people take for granted. The heartbreak of homelessness struck Jennifer Maulsby when her mother, a volunteer shelter director near Chicago, told her this story: A mom and her young daughter arrived at the shelter one night, dirty and tired. But when volunteers offered the use of a bath for the little girl, the mother declined, saying she didn't have any clean underwear to put on the child afterward. Jennifer, 35, did some research and learned that “people donate canned food and old clothes all the time, but rarely do they think about bringing in underwear—it's one of the most obvious but overlooked needs of the homeless,” she says. So she and her mother started a collection called Socks'n Undies Sunday, exclusively for new and unused underwear, bras, T-shirts, socks, and toiletries, at their family church.

In 2009, Jennifer expanded to New York City, where she lives. Now she teams up with community groups and schools to host drives and to get children involved in giving. “It can be hard for kids

to understand what it means for people to go hungry, but they get what could happen if they didn't have socks to keep their little toes warm,” says Jennifer, whose own 3-year-old son, Liam, is her constant helper. To date, Socks'n Undies has delivered more than 50,000 undergarments and toiletries to the homeless. Ready to spread a little warmth of your own? Organize a drive in your area. Go to socksnundies.org for a step-by-step guide.

2 Hand over jackets your family has outgrown to One Warm Coat, a charity that supports coat drives for the homeless and others in desperate need across the country. Find a location near you at onewarmcoat.org/donatecoat.php.



3 Volunteer at a local shelter with your family. Click on homelessshelterdirectory.org to learn what's needed near you, from sorting donations to making sandwiches in the kitchen.

4 Text STANDUP to 85944 to donate five bucks to StandUp for Kids, a nonprofit that combs streets around the country to help homeless children and runaways under the age of 25. (Your donation will help them expand to five more cities in 2011.)

5 Provide a blanket and a set of clean sheets for a homeless child by contributing just \$35 to Covenant House, which cares for more than 70,000 homeless kids nationwide each year. Go to covenanthouse.org/donate/gift-catalog.



6 Click on clicktogive.com/End-Homelessness.aspx. Do it once a day; it doesn't cost a thing, and every time you hit the “Click to Give” button, the site's sponsors will donate to the National Alliance to End Homelessness. How's *that* for easy? —JIHAN THOMPSON



It's cold out there: Roughly 170,000 U.S. families—that's more than half a million people—slept in homeless shelters in 2009.

SYMBICORT is for asthma that is not well controlled on a long-term asthma medicine, or when disease severity warrants

My asthma... under control with the help of **SYMBICORT**.

When my symptoms came back, my doctor and I chose SYMBICORT to help improve my lung function.



SYMBICORT helps me breathe better all day, starting within 15 minutes.* It won't replace a rescue inhaler for sudden symptoms. Unlike most other asthma medicines, SYMBICORT combines two medicines to help control inflammation and constriction.

* Your results may vary.

Ask your doctor if SYMBICORT is a good choice for you.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta₂-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your healthcare provider if your asthma does not improve or gets worse. It is important that your healthcare provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms.

Be sure to tell your healthcare provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT

- may experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- may have a higher chance of infection. Tell your healthcare provider immediately if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection.
- may experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels, decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your healthcare provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Approved Uses for SYMBICORT for Asthma

SYMBICORT is used to control and prevent symptoms of asthma in adults and children ages 12 and older. SYMBICORT is not for patients who have sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



**FREE
PRESCRIPTION OFFER***

And even more savings for up to a year.* Call 1-888-312-0792 or visit MySymbicort.com/save

* Subject to eligibility rules. Restrictions apply.

For more information, call 1-888-312-0792
or go to MySymbicort.com/save

If you're without prescription coverage and can't afford
your medication, AstraZeneca may be able to help.
For more information, please visit www.astrazeneca-us.com

Symbicort[®]
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca

IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT. Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant. It is not known if SYMBICORT may harm your unborn baby
- are breast-feeding. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. Do not use SYMBICORT more often than prescribed. SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency—a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

SYMBICORT is a registered trademark of the AstraZeneca group of companies. Other brands mentioned are trademarks of their respective owners and are not trademarks of the AstraZeneca group of companies. The makers of these brands are not affiliated with and do not endorse AstraZeneca or its products.

© 2010 AstraZeneca LP. All rights reserved.

Manufactured for: AstraZeneca LP, Wilmington, DE 19850

By: AstraZeneca AB, Dunkerque, France Product of France

Rev 6/10 303634

Visit www.MySymbicort.com
Or, call 1-866-SYMBICORT



AstraZeneca



Number-crunch over dinner next time.

FIVE-MINUTE MONEY MANAGER

SCHEDULE A FINANCIAL DATE NIGHT



REDBOOK's money expert, Beth Kobliner, is the author of *Get a Financial Life* and is on the President's Advisory Council on Financial Capability.

It's crucial to sit down with your guy and talk money on a regular basis, so why not make it *fun*? Just inject a hot (affordable!) restaurant, cocktails, and jangly earrings into the proceedings. Book a sitter and try these tips for talking—not yelling—about your financial future together.

- **Bring your latest grocery receipt...** or Visa bill or 401(k) statement. If he's been grumbling over your weekly \$200 supermarket tab, dissect it line by line for him. He'll be enlightened by how much it *really* costs to feed your hungry household. Next month, pick a different bill or bring both pay stubs to go over as a team—according to a 2010 American Express survey, 22 percent of couples don't know their mate's salary!

- **Set a mutual trigger number.** The average amount a couple feels they need to consult their other half about before spending at one time is \$275, according to the American Express survey. Pick a limit that suits your budget. That way, if he slides on a new pair of Bose headphones one night, you won't be mad (and tempted to revenge-spend).

- **Compare financial wish lists.** Write down the top three things you want to afford this year—purchases like a big vacation, a new car, or summer-camp fees for the kids. Then, swap lists to see if his goals align with yours. Choose one item you'll work toward together, and figure out where you can both cut back to save up for it.

GREEN YOUR GREEN Guaranteed, this will be the most eco-friendly thing you do all month: Opt out of receiving paper bank statements. If every U.S. household banked online, we'd save 16.5 million trees a year! To stay on top of account activity, register for email alerts, since "you're more likely to miss bogus charges if you don't check in regularly," says Ellie Kay, author of *The 60-Minute Money Workout*. —BRITTANY BURKE

THE LAND-A-JOB SECRET FOR WOMEN ONLY

If you're frustrated with job hunting, the problem may be hiding in your letter of recommendation. In a recent study at Rice University, researchers found that women were more likely to be described in rec letters as nurturing and kind while men were consistently touted as confident and independent, and that the women received lower ratings from hiring managers because of it. **"Being nice is simply not viewed as effective in the workplace,"** says an author of the study, Mikki Hebl. So how can you make sure your letter doesn't backfire? "When you ask someone to act as a reference, it's okay to sell yourself. Say something like, 'I'm the best at getting x, y, and z done,'" says career expert Lois Frankel. "They'll be impressed by your confidence and mentally catalog your strengths." And if you're the letter writer, ditch stereotypically female compliments—"She plays nice in the sandbox"—and give a candidate the real props she deserves.

—DEBRA SHIGLEY



Exclusive offer for REDBOOK readers! Be one of the first to try Manilla, a free, safe new online account-management service (from our parent company, Hearst). It's not available to the public yet, but email info@manilla.com with the code "Redbook Access" to give it a try.

The sexy getaway your marriage deserves

Your relationship needs a break from the daily grind (including your wonderful kids). Here's how to stop making excuses and start packing.

On your first honeymoon, all you and your husband needed was a ride to the airport and the keys to your suite. Things are a *little* more complicated now, but don't talk yourself out of the (second) sexiest vacation of a lifetime. Here's how to get over those reasons you think you can't swing it and just go already.

EXCUSE #1:

"We don't have anyone to take care of the kids." Sure you do—she's called your mother-in-law. And if she's booked, you've got your own parents, siblings, and best friends who might as well be siblings. Arrange for them to sit, and if they don't live nearby, road-trip it to their city and then fly out of the nearest airport instead of schlepping back to your own town. You can also ask a good friend with kids to watch your children while you go away and return the favor the next time they want to get out of town without the diaper bag and the *Are-we-there-yets*.

MAJOR TRIP DEALS FOR REDBOOK READERS ONLY!

● **Hotwire.com** The site is offering 10 percent off trips to Hawaii and Miami just for being a REDBOOK-er. Go to hotwire.com/redbook to check out beach-vacation packages and get in on the action now.

● **Hotels.com** Book any room on this site until February 28 and get an exclusive 10 percent discount. Just enter promo code REDBOOK10.*

Hel-lo, Bahamas!

Enter for a chance to win a hot trip for 2 to the Cove Atlantis resort. See page 179 for details.

The Cove



Go ahead—be that cute couple holding hands!

EXCUSE #2:

"Our vacation budget will take a beating."

You don't have to go to a village on stilts in Fiji to have a blast together. "We went to New York City, which is only an hour away," says mother of three Kristen Kemp, 36. "We stayed at a hotel, went out to dinner, and had adult conversations. It was divine!" If you want to travel further, say, to Europe, steer clear of the busy summer tourist season, advises Barbara Messing, general manager of travel-ticker.com. And don't forget that your dollar will go a lot further in South American countries like Argentina and Uruguay. Plus, check out sites like dailycandy.com, living-social.com, and travelzoo.com for flash sales on hotel packages and getaways. Twitter's also buzzing with discounts: Just enter your destination in the search box to see what comes up, or follow your favorite airlines and hotels for deal updates.

EXCUSE #3:

"We're not *that* desperate. We could just go out to dinner."

What—so sexy getaways are only for couples in a major slump? Think of this more like a recharge: Research by the U.S. Travel Association shows that 40 percent of women feel more lovey-dovey on vacation, and a Dutch study of 1,530 adults found that just *planning* a vacation ups happiness levels, possibly because you're anticipating all the fun you'll have. "A romantic getaway is a psychological boost," says Paris Permenter, founder of lovetripper.com. "It lets you focus on each other." Just ask D'Anza Freeland, 37, of Corte Madera, CA. She and her husband took a kid-free trip to Hawaii last year, and the feel-good effects lasted well after they got back. "Afterward, my husband and I felt so reconnected," she says. "The trip gave our relationship new energy and us a much deeper appreciation for our marriage and our family. We returned to our crazy lives relaxed, happier, and excited to see our daughters." **R**

THE BEST WAY TO EXPERIENCE
EUROPE WITH YOUR FAMILY IS WITH
THE MAGICAL TOUCH OF DISNEY.



Let the name you trust for world-class service, value and entertainment take you on an incredible European vacation.

A *Disney Cruise Line* Mediterranean voyage is an amazing way for your family to experience places like Spain, Italy, France and more. Choose from 7-, 10- or 11-night vacations and discover incredible memories waiting for you at each destination, as you explore wonders from the Roman Colosseum to the Leaning Tower of Pisa. Back on the ship, you'll find something magical for every member of your crew. To book or learn more, visit disneycruise.com/europe, call 1-888-418-4190 or visit your Travel Agent.



Ships' Registry: The Bahamas ©Disney DCL-10-19015

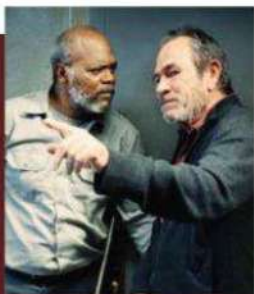


Prepare to be **entertained** this month with romantic tunes, a tug-at-your-heartstrings novel, and a **kiss, kiss, bang, bang** new TV drama.

WATCH IT!

DEEP, DEEP THOUGHTS

Samuel L. Jackson and Tommy Lee Jones square off as two strangers who cross paths when one tries to throw himself in front of a train in HBO's adaptation of *The Sunset Limited*, a Cormac McCarthy play. They wax philosophical and make your head hurt a little (in a good way). Think of it as having a front-row seat at a Broadway show—but you get to wear your sweats and eat ice cream. (February 12)



CLICK IT!

YOUR PERSONAL POP-CULTURE FEED

Whenitdrops.com lists the week's biggest releases in a hyper-clear format. Scroll over film posters or album covers for the essentials: trailers, links to buy tickets or downloads. Then feel smug for being so plugged in.

KNOW ALL ABOUT IT!

BEHIND THE SCENES OF THE CHICAGO CODE

In Fox's new drama, **Jennifer Beals** plays Chicago's first female superintendent of police. To prep for the part, the star shadowed some real Chicago homicide detectives:

"One night, we were first on the scene of a shooting. It's necessary for evidence to find the bullets' shells, so the guys were looking around with flashlights. Now, when I was growing up on the south side of Chicago, so many people had guns, and on New Year's Eve they would shoot them off. On New Year's Day, all of us kids would go out in the snow and try to find the shells. So this was like homecoming week for me. Give me a flashlight! I found some shells, and they wrote me up in the police report. I didn't feel that out of my element!"



DOWNLOAD IT!

BEST NEW LOVE SONGS

Most Valentine's cards are like emotional processed cheese, but play these songs for your guy and you'll both actually *feel* something. The lyrics alone do it for us:

"You'll never know if you never try to forgive your past and simply be mine."



from "One and Only," Brit songbird Adele's soulful plea off her second album, 21

"I'm gonna get my baby, head upstream, fall asleep in her arms, and drift away in a dream."

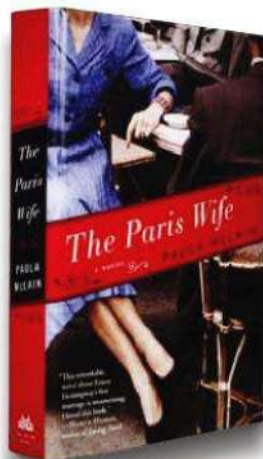


from "Flower," bluesy Amos Lee's seductive track about surrendering to love on *Mission Bell*

"I'm outta words, I'm out of reasons to keep on running away from asking if you could be more."



from "Instead," Tina Dico's song about falling for a friend on *Welcome Back Colour*



READ IT!

ONE CRAZY MARRIAGE

"I wished I had died before I ever loved anyone but her," wrote Ernest Hemingway about the first of his four wives, Hadley. That same bittersweet yearning pervades *The Paris Wife* by Paula McLain, a fictional imagining of Hadley and Hemingway's roller-coaster eight-year marriage. You don't have to be up on your Hemingway to get lost in the story and the free-wheeling, wine-soaked atmosphere of 1920s Paris.

**"SO MUCH GOODNESS.
SO LITTLE SELF-CONTROL."**

Mmmmm, Beneful® brand dog food

Prepared Meals.™ With succulent, protein-packed meaty pieces, tender peas, and carrots—even rice and barley. All in a nifty, resealable tub. He'll think he's getting spoiled. You'll know he's getting the wholesome nutrition that he needs.

Beneful® Prepared Meals.™

Healthful. Flavorful. Beneful.®



Product shown is Beef Stew.



giada

heats things up!

She's shown us all that a strong, sexy woman's place *can* be in the kitchen. And in this candid interview during one of the toughest weeks of her life, Giada De Laurentiis revealed a fierce spirit we've never seen before.

most of the time we're a little jealous of Giada De Laurentiis (her looks, her career, her undeniable way with pasta, and her amazing, pasta-proof body). But not on the particular day REDBOOK interviewed her this winter. The sexy host of *Giada at Home*, who avoids the Hollywood spotlight with the same distaste she might have for frozen pizza, had just made national headlines when a tabloid printed a story falsely charging her of hooking up with musician and infamous cad John Mayer. Immediately after came the devastating news that her famous grandfather, Dino De Laurentiis, the guiding force in her life, had passed away. This hailstorm of events would have sent the average celebrity straight into hiding, but not



Giada believes food brings people closer, including the very deserving couple she surprised for this story. Meet them on page 134.

THE GIRL WHO PLAYS WITH FIRE

"I think Italians are so passionate, and people are drawn to that," says the Food Network star. "Who doesn't want passion in their life? Everyone is searching for love."

HAIR: ROB TALTY USING RENE FURTERER AT THEMAGNETAGENCY.COM; MAKEUP: MONIKA BLUNDER FOR THE WALL GROUP; MANICURE: CARLA KAY FOR CLOUTIERREMX; STYLISTS: KARLA & KEMAL FOR THE WALL GROUP; DRESS WITH GOLD CUFFS: GUCCI.



By Lori Berger Photographed by Andrew MacPherson

“It can be hard for any man to home I try to be Giada, the girl he met

Giada, 40. She scheduled our interview for the little time she had between her grandfather's funeral in Los Angeles and the second one in Italy. What's more, when she walked into the lobby of the Casa Del Mar hotel, she looked totally TV-ready in leggings, low buckled boots, and a black cape. She's even more petite in person (if you can believe it) and, oddly, more approachable: Think California girl-next-door meets Sophia Loren. And she was as open as a close friend, talking freely about those crazy cheating rumors, her bond with her husband, Anthropologie designer Todd Thompson, her working-mom guilt (daughter Jade is 2½), the curse and blessing of her own sexiness—and her belief that time in the kitchen is better than a \$200-an-hour shrink. Listen in!

RB You've had an incredibly difficult time this last week. What's helping to get you through?

GDL That is a really good question. The John Mayer incident was completely unexpected. I was shocked. And not so much for me, but for my husband and family. My family is used to that sort of thing. But my husband's family is *not*. Todd was embarrassed that his family in Michigan would see it and think, *What is going on over there in Hollywood?*... What made it all even more surprising is that I haven't had any contact with John Mayer in three years. You know how you'll briefly get introduced to somebody? Maybe we chatted for five minutes, but I wouldn't consider that intimate.... I know these things happen, but maybe I was naive to think that they are usually based on some facts.

RB How do you think the horrible rumor could have started?

GDL I think the only things that could possibly have tied us together is that we were at the same hotel that weekend in question—which, by the way, my husband was with me there as well.

RB You've been with Todd for 20 years, since you were 19. Is that longtime connection giving you strength right now?

GDL Yes. He knows I'm not capable of that.

RB So you're reeling from this, and then your grandfather passed away just a day later. What do you miss most about him?

GDL Any time any of us had a question, we would always call him first. I saw him nearly every weekend for the last year. He really wanted his family around. He loved to sit and chat with us.

RB He wasn't so approving of your career when you started out. Did that change over the years?

GDL Over the years, I think he became quite proud, and maybe even a little shocked, at my success. You have to understand that coming from a Neapolitan family, men head up the empire. I think from time to time he had his own thoughts about

the way I created recipes—that they were too easy, maybe too dumbed-down. I remember him once saying to me, “How can you tell people to open a jar of prepared pasta sauce?” Those were the kinds of debates we would have.

RB A lot of people think of you as pretty perfect in every way—beautiful, successful. Is there anything that's *not* perfect?

GDL [Laughing] I come from a place where I think life is never perfect. If we look deep inside, there are issues everywhere.

RB Okay, enlighten us. How has life been less than perfect?

GDL I have been blessed with a good, fun, and wonderful life, but I've also seen a whole lot of pain. I lost my brother when he was 30, and that was devastating for me. I don't know if I will ever get over it. Plus, I had a very tough childhood. I came here from Italy in the '70s and didn't speak a word of English, so the kids at school tormented me. Truly, it was horrifying the names they called me, and the teachers never really did a thing to stop it.

RB What did you learn from that?

GDL It's one of the reasons I work as hard as I do to make my show as clear and fun and unintimidating as possible. If people are made to feel uncomfortable in the kitchen, they won't go in there. That's why I think children learning to cook can be such a wonderful thing. It can help build confidence, make them feel good about themselves. It helped me build my ego and even start to get acceptance at school. I'd bring things to class that I'd cooked at home, and my classmates were like, “Wow. This is amazing, and that girl with the funny name cooked it!”

RB Do you ever still feel pangs of intimidation and self-doubt?

GDL For sure. In fact, pretty much every time I try something different or do something in front of a live audience, I truly think they might throw peanuts at me. I feel like that child again. But I also think that pit-in-your-stomach feeling is what keeps you alive and better at what you do.

RB You really embrace your sexiness and femininity. How do you own that without saying, “I am cooking's sex symbol?”

GDL It's only been the last five years that I've become comfortable with that. A lot of it has come with age and being a mom. I felt like I had to show Jade that her mom is proud of who she is.

RB What made it hard for you to accept yourself before now?

GDL I developed breasts when I was 9 years old, and I was the only one in my class. I would literally sit in class hunched over because I was so embarrassed about my body. I think I still carry some of that around with me. I didn't want to be known

be upstaged by his wife. So when I'm 20 years ago and fell in love with."

as the sexy cook. I wanted people to think I really had some cooking chops. It's almost ingrained in people that, just like you can't be a smart model, you can't be a good-looking cook.

RB Is there anything you'd change about yourself if you could?

GDL Well, I'm very short, for one. I wish I had longer legs and arms. My husband is 6-foot-2, and sometimes, if I'm wearing flats, it's like he's taking his teenage daughter out.

RB Was Todd into food when you met?

GDL My husband was used to opening cans—Chef Boyardee, frozen food, whatever. He didn't know much about cooking, bless his soul. He wasn't that hard to impress [*laughing*], but he's come a long way. Parmesan cheese never existed for him, not even the kind in the green container. Tomato sauce was watered-down ketchup.

RB And he wasn't stuck in his ways?

GDL Not at all. He'd try everything. He's a very inquisitive person. He took a lot of flak from my family. When he would come to my grandfather's house to eat dinner, my grandfather would say to me in Italian, "Who is this person butchering his pasta by cutting it with a fork and knife?" Luckily, my husband is confident enough that he never took it personally. He'd laugh it off, and my family ended up adoring him. Food brings people together on many different levels. It's nourishment of the soul and body; it's truly love.

RB Do you cook a lot at home for Todd?

GDL When we first met, I didn't have any money because I was in college, and he paid every time we went out to dinner. So I'd show my love for him by making a meal. And to this day, that is one of the ways that I show how much I appreciate him. Even

when I'm not in town, I'll prepare menus for him and Jade so he can just heat meals up.

RB Is love or guilt your main motivating factor for doing that?

GDL Absolutely love and respect. I think it can be hard for any man to sometimes be upstaged by his wife. So when I'm home, I work very hard to be Todd's wife and Jade's mother. I have no problem going back to those traditional roles. I try to be Giada, the young girl that he met 20 years ago and fell in love with. All men want to be treated like kings in a relationship, and I think if women don't indulge that sometimes, their men are likely to stray and look for someone who can give that to them. It's simple. It's not brain surgery.

RB Do you ever come home, open a can of tuna, and call it a day?

GDL No, but I will come home and scramble two eggs. Two eggs scrambled on a bed of arugula with some fresh shaved Parmesan cheese, and that's dinner.

RB You had your daughter at 37. Was that part of an overall plan?

GDL Todd and I talked about kids and decided we were okay not having them. But then Jade came along, and I was very afraid, and so was Todd.

What would happen to this life we had created, where we'd just take off for Santa Barbara for the weekend? But we agreed to take it a day at a time. And I've continued my life exactly as it was. Jade knows her mother works and

travels, and she travels with me.

RB What about when you have to travel for work without her? Is that hard?

GDL Jade gets very attached to her nanny and Todd when I go away, and that can hurt. She's at the age where she'll say to me, "Go away, Mommy, I don't want you." Is it painful? Yes, very painful. But I tell myself she's making me

Jade vacationing with her mom and dad in Aspen last March.



Giada with her grandfather, movie producer Dino De Laurentiis.



In cooking-demo mode.

"FOOD CAN CONNECT PEOPLE IN A FOREVER SORT OF WAY."



Signing one of her cookbooks—she's written five!

pay for not being home and for missing moments that were important to her. I also try to remember that I should be thankful that she has people around who love her, and who she loves so much.

RB You look like you've lost weight since the last time you were featured in REDBOOK. How did you do it?

GDL I changed my diet. Before I had Jade, and during the pregnancy, I ate a lot of sugar. I mean, I'm talking six packets of sugar in a cup of coffee. When I was pregnant, my doctor told me to be careful about my sugar intake. After Jade, I knew I had to get it under control. So I started using agave nectar instead—it's sweeter, so you need less—and I started to see my body shrink.

RB Okay, sorry to get personal, but did losing that weight make your breasts smaller? That always seems to happen!

GDL They shrank—that's usually the first thing to go for women because, well, they're a lot of fat. That, of course, is the one thing you don't want to go! When I was trying clothes on at the photo shoot, I kept saying to the stylist, "What about my boobs in this dress?" And she'd say, "Oh you'll be fine." But I had to tell her, "Hey, these are real, and they just don't stay up by themselves. I had a child, and they just don't perk up on their own anymore."

RB When you think about the next 10 years, what do you see?

GDL I would really, really love to work with kids in public school and bring back—I guess what would be called Home Ec. Schools are supposed to prepare kids for the real world, and I feel like we need that again. I wasn't good at sports or music, so thank goodness I had food. There are a lot of kids out there who have talents, but we wait too long to expose them.

RB You planned a Valentine's Day menu for two fans, Gary and Yoko Scullin, to honor Gary's return home from the war in Afghanistan. How did you decide what to serve?

GDL If you asked my husband what sexy food was, he'd tell you a beautiful piece of perfectly cooked and flavored beef. That's one of the reasons I chose beef tenderloin for my Valentine's Day menu. Yes, it's an expensive piece of beef, but for only two people, it's not that bad, and it's easy to cook. And this was a special moment. To me, the sexiest item on the menu is the chocolate almond tart. It's silky, velvety, smooth, and the best darn bit of indulgence ever.

RB Why is planning and making a meal for someone such a powerful gesture?

GDL There's nothing like a home-cooked meal—nothing! When people ask me what the best restaurant in L.A. is, I say, "Uh, my house." It's more intimate. Food can connect people in a forever sort of way.

RB How did you feel creating that meal for the Scullins?

GDL It's always so special for two people to sit down alone. I went into this field to cook for people and see the smiles on their faces when they eat the food I prepared. I try to help people create intimate settings that let them bond. It's my way of giving them love. That's the way my family gave me love. Watching the Scullins enjoy that meal together solidified why I do what I do. **©**



Giada says

Every military couple deserves a dreamy after months apart—to a serious night out.

Gary and Yoko Scullin, who have been married for 13 years, just went through something that most couples in this country can barely imagine. Gary, a captain in the U.S. Air Force, spent two months at a base in New Jersey and six in Afghanistan, the roughest place he says he's ever been stationed. (The runner-up? Bosnia.) Yoko stayed home in California and took care of their two children, speaking to Gary only once a week due to a 12½-hour time difference. He once had to phone to tell her he was okay after an attack on his camp appeared on CNN. "I saw the aftermath—a pool of blood and blood trails," he recalled.

The day he came home, Yoko waited at the bottom of a long escalator at Los Angeles International Airport with kids Joshua, 12, and Monet, 10. Joshua held a handwritten sign that read, WELCOME HOME, DADDY. Monet carried a bag filled with chocolate-covered strawberries.

First, they spotted Gary's dusty combat boots on the top step. Then his uniform, and finally his tired, beaming

face. Moments later, the family fell into a long bear hug while bystanders watched and teared up. "I'm just so happy," Yoko said later that night. "Now I can stop worrying every day about his safety."

Six days after their reunion, a car picked Yoko and Gary up and whisked them to a secret destination for a dinner prepared by our cover star, Giada. "This is so much fun," Yoko said as stylists glammed them up. "Everyone's treating us like we're friends."

As they sipped champagne, the couple chatted about adjusting to life with Gary home. "I was a little nervous," Yoko confessed, "but it's gone smoothly. The parts I love most about having Gary back are the little things. Going to the supermarket with him, picking up the children together. I used to take those moments for granted, but now I realize how nice they are."

Gary's adjustment has been trickier. "In the military, we're always charging forward because so-and-so wants this done now," he said. "But family life is about care and patience. Right now I'm trying to understand the days from Yoko's point of view: How does she handle the



BIG HUGS
AND TEARS
OF JOY...



OKAY, LET
THE FUN
BEGIN!

“welcome home”

Valentine's Day, so REDBOOK treated one pair—newly reunited Thanks to Giada, it was *magical*. (Cue the waterworks!)

homework? The meals? If you try to jump in and do too much, it can be stressful for the whole family.” But Gary has time on his side: He believes he won’t be redeployed for 2½ years.

Before the meal, Giada walked

into the room, and Yoko burst into tears. “I had no idea you were going to be here!” she said. “I’m a big fan. Your show is so inspiring.” Gary was shocked for a different reason. “A story about food and passion? Did

they pick the right people?” he joked. “Our date night is pretty much going to Starbucks. We’ll take ‘em when we can get ‘em!”

When the second course, lobster risotto, was served, Gary

took one bite and grinned. “This beats any food I’ve had before,” he said. Yoko agreed, but her favorite part? “Dessert! The flowers, the candles, this is all going to be such a good memory.” —ELIZABETH JENKINS



Want to have what
they’re having?

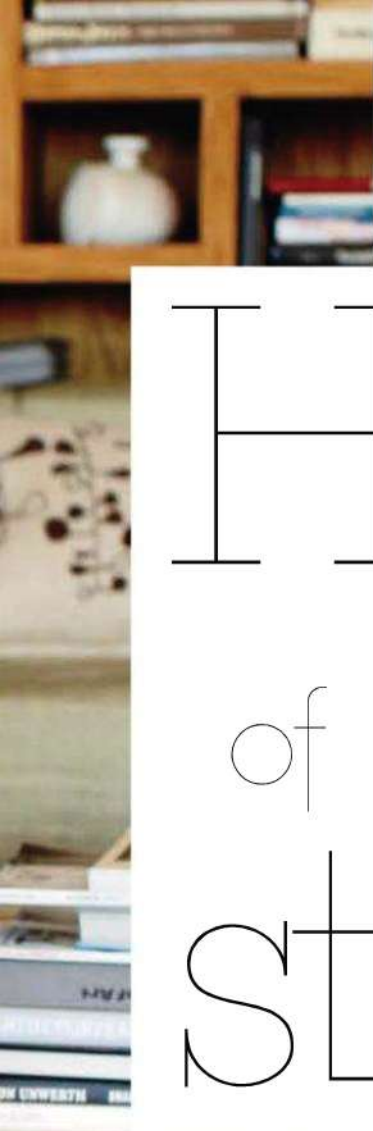
Turn to
page 157
for Giada’s
recipes.



Unbaggy sweats and a touch-me tee

The only time a guy will admit size *does* matter? When it comes to what you wear around the house. Says Josh, 32, "Sweats that could fit a WWE wrestler are comfortable—but flattering? Not so much." So this slightly more body-conscious look was a major hit. "It's form-fitting but still looks easy to slip out of," notes Cecil, 40. "I'm thinking afternoon delight!"

Cashmere top, Smitten, \$158.
Sweatpants, J.Crew, \$49.50.
Triple-wrap bracelet (worn as a necklace), Delicate Raymond, \$89. Spike ring, Nicky Hilton, \$90.



His kind of fashion story



← ***Why is that lovely model to the left wearing sweatpants? Because for the first time ever, REDBOOK consulted a 50-man focus group before we dressed her. First, guys told us what peeves them most about the outfits we wear (wow, do they ever hate boyfriend jeans), then we tweaked the looks so you'll both love them. (You'll note that our model is comfy and sexy.) This way, you get to dress for yourself and your guy. Everyone's happy!***

Photographed by Matthew Hranek

Simply sexy dresses

Seems guys are befuddled by bells and whistles (or, as one of them put it, "anything that's bedazzled and glittery, like she's about to audition for a music video"). And anyway, what could be better than a no-frills, and hence perfect-for-ever-and-ever, dress? Good advice from Lou, 27: "Keep it basic and let your curves do the talking."

Dress, Mackage, \$425.
Necklace, Jane Basch, \$135. Bangles, Sarah Chloe, \$129 each.
Heels, Kors Michael Kors, \$225.





Jeans and a white tank

Fuss-free is key when it comes to denim: Men just don't get the appeal of jeggings, funky washes, and superhigh waistlines. But "jeans that are not too tight, not too trendy, like these, are perfect," says Aram, 30. "And with a tank top, they're casual and *hot*." Adds Gabriel, 33: "Her outfit says, 'I can look great without trying.' It has an innate sexiness."

Leather jacket, Andrew Marc, \$495. Tank, Splendid, \$44. Jeans, Gap, \$70. Belt, Joe's, \$78. Earrings, Herndon Heald, \$175. Bracelets, Sisco Family Jewels, \$40 to \$88 each.

A pencil skirt and classic heels

Surprisingly, lots of guys thought minis weren't all that sexy. "Short skirts don't leave enough to the imagination," summed up Joel, 27. As for platform heels? "Tacky," deadpanned Charlie, 42. Which is where this iconic sexy-librarian look packs a punch: "She looks respectable yet flirtatious and inviting," says Josef, 28. "I'd take her home to Mama!"

Cashmere cardigan, White + Warren, \$240. Lace tunic, Charles Henry, \$322. Skirt, Ann Taylor, \$108. Pumps, Kate Spade, \$298. Silver pendant necklace, Nicky Hilton, \$98. Quartz pendant necklace, Ippolita, \$695. Watch, Skagen Denmark, \$275. Glasses, Tory Burch Eyewear, \$299.



Pretty undies (natch)

Okay, so maybe you have heard how much men hate what one gentleman called “old-lady panties.” But ultimately, as much as guys love lacy underthings, the most important factor is not that it’s the size of a postage stamp but that it makes you feel *pretty*. As Eric, 33, said, “Anything she wears that I can tell makes her feel amazing is hot. Even better if that something is lingerie.”

Hanky Panky bra, \$57, and hipster, \$39.
See shopping guide, last pages, for details.





pin vs. r

Most women stick with one color or the other on lips and nails (and we get it, we do), but there's real power in switching them up. Let us talk you into the best beauty experiment of your life.

By Abbie Kozolchyk
Photographed by Grace Huang



1
k
ed





Your skin tone's not the boss of you! There's a flattering red and pink for every complexion. Our fave makeup artists opened their kits and showed us the fail-safe shades they reach for most.

	FAIR	MEDIUM	OLIVE-DARK	UNIVERSAL
RED	 Make Up For Ever Rouge Artist Intense Matte 8 "It gives you that true red lip that outlasts time." <i>—Jim Crawford</i>	 Armani Rouge d'Armani #403 "The '50s are back in a big way, and this is a shade that brings it!" <i>—Liz Olivier</i>	 Nars Rouge D'Enfer "I especially love this on Jennifer Hudson." <i>—Sam Fine</i>	 Chanel Rouge Coco in Paris #22 "The name says it all. It is a classically chic blue red that is universally flattering." <i>—Troy Surratt</i>
PINK	 Shiseido Perfect Rouge PK331 "It's a seriously bright pink but can be toned down or amped up. It's a beautiful statement color!" <i>—Emily Kate Warren</i>	 Chanel Rouge Coco in Rose Dentelle #37 "I won't go to a job without this in my kit. It's a great natural color for medium-tone skin." <i>—Liz Olivier</i>	 Lancôme Color Design in Fuchsia Clutch "Fuchsia is the perfect finishing touch on darker skin." <i>—Liz Olivier</i>	 Lancôme L'Absolu Rouge in Voile de Rose "This is the most versatile pink I've used in years. I suggest that women of any ethnicity try it." <i>—Jim Crawford</i>

HAIR: DEYOKE HEIDRON AT SEE MANAGEMENT; MAKEUP: JIM CRAWFORD FOR CONTACT NYC; MANICURE: ELLE FOR ARTISTS BY TIMOTHY PRIANO; COM: WARDROBE STYLISTS: KEMAL & KARLA AT THE WALL GROUP; PROP STYLIST: LAURIE RAAB FOR HALLEY RESOURCES; PREVIOUS SPREAD: DRESSES, FROM LEFT: MICHAEL KORS, ASOS. THIS PAGE: DRESS ON LEFT: MICHAEL KORS; STILLS: PHOTOGRAPHED BY GREG MARINO/STUDIO D.

What message does your color choice send?

We asked Nancy Etcoff, an assistant clinical professor of psychology at Harvard Medical School and author of *Survival of the Prettiest*, to shed light on how pink and red are perceived by others. “Beyond the immediate associations—youthful, optimistic, and feminine for pink; bold and dominant for red—there are some interesting findings,” Etcoff says. Some research on red suggests that the color, in the form of anything from a woman’s blouse to the banquette she’s sitting on, makes her more attractive and sexually desirable to men. “It’s a very biologically significant color, and it appears to inspire primal reactions. Pink still has aspects of red but, as a paler version of that color, signals much subtler, softer, less aggressive sexuality,” Etcoff adds. Our layperson’s translation? Wear pink if you’re feeling a little flirty—and red if you’re feeling a little *dirty*.



Lipstick smack-down

Readers at redbookmag.com voted on whether these stars looked hotter with red or pink lips. The paler shade won by a landslide—but you love a redhead in red!



ANGELINA JOLIE



ZOE SALDANA



RIHANNA



CHRISTINA HENDRICKS

Clockwise from top left:
Perfect Formula Color nail polish in Giverny, \$15.
Estée Lauder Pure Color Long Lasting Lipstick in Wild Violet, \$24.
CoverGirl Lip Perfection Lipstick in Hot, \$6.50.
Duri nail color in Wickedly Devine, \$5.
Bobbi Brown Rich Lip Color SPF 12 in Mod Pink, \$22.
Orly Nail Lacquer in Fancy Fuchsia, \$7.50.
Estée Lauder Pure Color Long Lasting Lipstick in Wild Blossom, \$24.

Scared to switch sides?

YOU SHOULD TRY IT...

If straying from your tried-and-true color gives you agita, take these baby steps:

STEP 1

TRY IT ON YOUR TOES

Toenails—so nice and far from your face, where a new color is most jarring—are the best place to start when you're trying an unfamiliar color on for size. Classic red and pink polishes to try: CND Colour in Girlie Pink and Rouge Red, \$9 each.



STEP 2

WEAR A TINTED BALM

Go for the sheerest version of your opposite shade, like a tinted lip balm. "You'll get some sense of what the color looks like on you without a huge commitment," says makeup artist

Kimara Ahnert. The faintest ones we've seen: Mark Lip to be Square Lip Tint in Sheer Rose and Sheer Red, \$7 each.



STEP 3

BUMP IT UP A BIT

Try a gloss, which has less pigment than lipstick (and wears off faster). We like Estée Lauder Pure Color Gelée in Electric Pink and Electric Cherry, \$20 each.



STEP 4

YOU'RE ALMOST THERE!

Feeling bolder but not quite ready to close the deal? Choose a shade with purple tones—it's the common ground between pink and red, and it flatters everyone. Two to swipe: CoverGirl Lip Perfection lipsticks in Dazzle and Tempt, \$6.50 each.



...BECAUSE THEY LOVED IT

We enlisted two readers—Jessie, 42, a dyed-in-the-lips red devotee, and Jordana, 29, who should own stock in pink gloss—to see how the other half lived for a night.

Jessie says: "I've been wearing red lipstick since I was 14, so I expected that I would hate the way I looked in pink. I even braced for going red-less by piling on mascara and eyeliner—but I actually don't think I needed to. Turns out I can rock the girly look I've always associated with pink and studiously avoided all these years."

Her husband says: "I like it. After years of extreme red, soft pink is a pretty change."

Her best friend says: "You notice the top half of Jessie's face more. Her eyes totally stand out now."

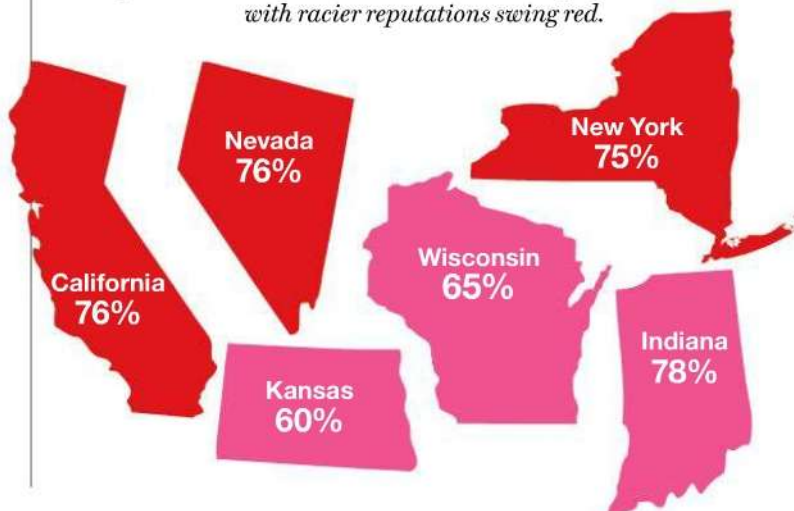
Jordana says: "Wow. I've always been the 'natural girl,' so feeling like all eyes are on my mouth is new to me. And it's also kind of fun. I'm not sure it's something I'd want every day, but I'd definitely do it again for a night out. The only thing is that I keep wondering if I have red lipstick on my teeth, and sometimes I do, but just a little—none of those dreaded dragon-lady smears so far."

Her boyfriend says: "Though she admittedly looks gorgeous, I'm worried that kissing her is going to get bright red lipstick on my lips." (Beauty editor's note: Try a red lip *stain* instead of a lipstick. It won't leave a trace on him.)

Her best friend says: "It's festive! I've always wanted to try a bright red lipstick myself—and now I will, thanks to Jordana's bravery."

RED STATES vs. PINK STATES

In the all-important arena of which nail polish color sells better, our nation is deeply divided. The experts at OPI shared their sales stats, and it seems some heartland states heart pink while the states with racier reputations swing red.





An even trade:
Look! Our models
swapped shades!
Pink lips: Tarte
LipSurgence
Natural Lip
Luster in Frisky,
\$24. Pink nails:
Essie Nail Polish
in It's a Cinch, \$8.
Red lips: Sephora
Collection Cream
Lip Stain in #01
Always Red, \$12.
Red nails: Duri
Nail Polish in
Pure Red, \$5.

See shopping
guide, last
pages,
for details.

Redbook's **sex** sug



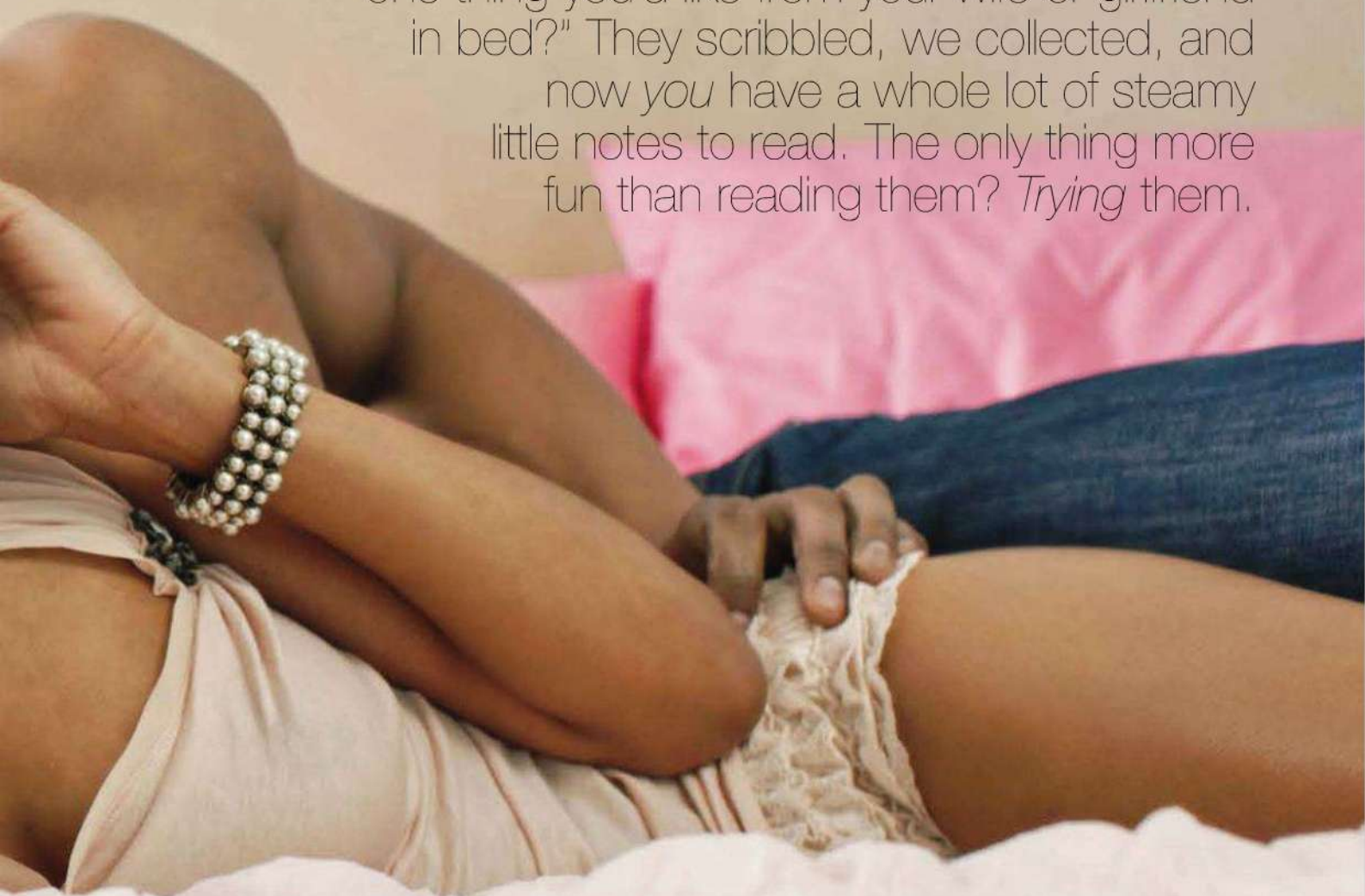
imagine standing on a street corner or sitting on a stool in a sports bar holding a big box with the words **SEX SUGGESTIONS, PLEASE!** in bold letters across the front. That's exactly what six other brave ladies and I did to find out what normal, partnered-up guys want in bed. Armed with our boxes and piles of index cards, we approached men from Seattle to New York City with the not-so-subtle line: "Do you have any sex suggestions for your wife or girlfriend?"

Some guys turned the cutest shade of bright red, and others had to think hard about what their wives could do better (you're that good!). But once we told them they could record their answers with complete anonymity, they couldn't grab a pen fast enough. The Army and Navy officers I chatted up during Fleet Week in San Francisco were so enthusiastic I thought I was going to need more ballpoints. Reporter Katie Schnack hit a jackpot of her own in Austin, TX: "I stood outside an

By Lauren Bradshaw Photographed by Stephanie Rausser

gestion box

Yes, we made an actual box with a slot in the top, and yes, seven reporters took it around the country asking men, "What's the one thing you'd like from your wife or girlfriend in bed?" They scribbled, we collected, and now you have a whole lot of steamy little notes to read. The only thing more fun than reading them? *Trying* them.



erotic reading," she says. "Let's just say their responses were *enlightening*." And New York City reporter Ellen Collis got a ton of ideas from a construction crew.

What did we learn? In short, guys love us, in bed and out. They want us to feel sexy and assertive, and to... well... go south more. (Thanks, Captain Obvious.) But mostly they want us to enjoy sex. To that end, we also asked women what guys can do more for *us*. So read this together for better all-around customer service!

"SLOW DOWN A LITTLE, SO YOU CAN TELL ME WHAT **FEELS GOOD.**"

—ABE, 39

76%

of the women we surveyed said they want to try more things in bed.

77%

of the men said ditto.

44%

of men said they'd like more foreplay.

32%

of those guys mentioned oral sex in particular. *Shocking.*

"It would be so hot if my wife would talk dirty. Getting a little naughty is such a turn-on for me." —Steve, 32

"Sneak in the shower to say 'Hi.'" —Matt, 34

"More kissing, please. The touch of a woman's lips is about the most intimate and sexy thing ever invented." —Scott, 36

"I wish my wife was more interested in letting me come back for seconds in the same night!" —Gene, 32

"Use ice cubes every once in a while when you head south." —Dixon, 41

"INITIATE!"

I want to know you want me as much as I want you."

—RICK, 35

"WE'VE GOT THE WHOLE HOUSE TO OURSELVES. LET'S NOT WASTE ANY SQUARE FOOTAGE!"

—SCOTT, 39

"C'mon, leave the lights on!" —Chris, 31

"I'd love it if my wife would, every once in a while, just come into the bedroom naked. Sexy lingerie is overrated—I prefer the basics." —Mike, 31

"I wish my wife would smile a little more in bed." —Javi, 36

"Turn your cell off!" —Matt, 37

"I'm always telling my wife how amazing she looks once the clothes come off, but sometimes I wish it went both ways. Guys appreciate compliments too!" —JOHN, 29

► We had follow-up questions for *these* guys

JOE, 30: "Less *30 Rock*, more sex. Thanks to Netflix, we have regular late-night mini marathons of the show, but then she always conks out on the couch."

REDBOOK: "Ouch! So she's more into Tina Fey than nooky, huh?"

JOE: "No offense to Tina, but I'd much rather get in some intimate alone time than watch 'just one more episode!'"

MARK, 49: "Hmm. I think my wife should practice yoga as much as humanly possible."

REDBOOK: "Really? Why is it such a turn-on?"

MARK: "She's so flexible because of it—I never even imagined all the sex positions we can do together now! It's *awesome*."



"Being silly always gets me in the mood. The other night my wife and I were watching *Jersey Shore*, and she told me she was 'DTF' (Down to F--k). *Atta girl!*" —Chris, 33

"Confidence is the most important thing. If she feels hot, I'm even more turned on!" —Derrick, 31

"I love when she sprays on the coconut perfume she wore in our dating days before getting into bed. It immediately takes me back to our first few nights together." —Joel, 34

"Let's play cops and robbers — we don't have to dress up, just get the handcuffs out!" —Adam, 33

"I'm all about when she spoons me, and then slowly 'inches' her hands down. It's soft and sweet, yet so sexy at the same time." —Scott, 27

"NOISE, NOISE, NOISE. DON'T BE SILENT. SEX IS SUPPOSED TO BE A PARTICIPATION SPORT. WITH CHEERING!" —ERIC, 37

"We have a 15-month-old daughter, so I'd like to get a babysitter, take shots of Jameson together, and have tipsy, wild sex, like the old days." —John, 41

"I wish my wife felt more comfortable being on top. I think she worries about how she looks, but I think her body's *great*." —Derek, 38

"Wake me up with a sexy move. I'm getting excited just thinking about it!" —Moreno, 33

"Toys can be your friends. Seriously, let's try one!" —Hector, 39

"Bring food into the equation, like whipped cream and strawberries. But nothing with crumbs." —David, 30

"Spanking. It might seem silly, but I think it could be fun!" —Manny, 35

"I'd love for my wife to be more assertive in bed. Her sass and attitude is what I first found so attractive about her!" —Ben, 44

"If I'm on a business trip, send me sexy texts." —Danny, 36

"Surprises are great. I love coming home to an unexpected sex session!" —Mark, 32

"I wish my wife treated sex more as a luxury than a chore. It's supposed to be fun!" —Richard, 31

"I'd like to try sex outdoors on the lawn furniture—after hanging out naked in the hot tub." —Erik, 40

"I wish she'd maybe trim a little more in her... you know... special area." —Marc, 44

"Honestly? I wish she would play with my nipples, but I'm too embarrassed to ask. Is that weird?" —Marshall, 29

"I'd actually like to go down on my wife more often—and longer." —Brian, 34

"Since we've been together a while, we tend to skip the pleasantries and get right to it. Slow me down with small kisses on the mouth or neck—it's much more passionate than wham-bam-thank-you-ma'am sex." —Chris, 28

"More pillow talk!"

—GREG, 29

NOW,
WHAT CAN
HE DO
FOR **YOU?**



"I wish my husband made more noise during sex. Sometimes I think he's asleep!" —Missy, 34

"More quickies. It doesn't always have to be a big production." —Monique, 34

"I'd like more foreplay—and not even necessarily in a sexual way. During the day, compliments and help with the kids, dishes, and house are *all* considered foreplay." —Sarah, 32

"Keep it trim down there. If I'm paying \$50 every month to keep mine in order, the least you can do is keep your area clean!" —Courtenay, 29

"Massages are my favorite. Focus on my back, neck, and feet, and I can almost guarantee a happy ending." —Becca, 30

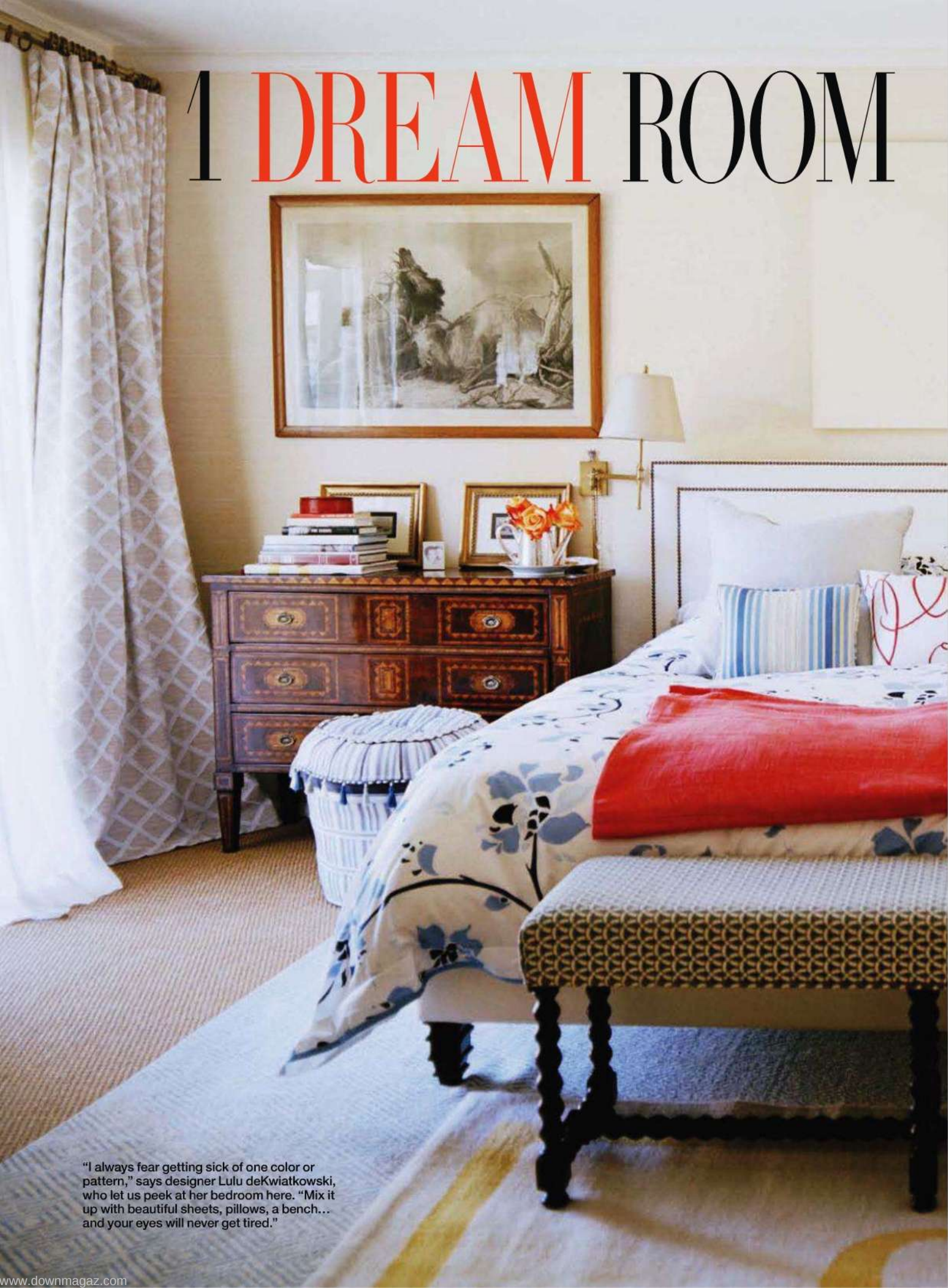
"Never stop kissing me! The sexiest thing is when my husband 'acts' like he wants nothing more than to make out... and then I take over!" —Angela, 28

"Try to have sex with me right after I work out. I'm energized and ready to go." —Sarah, 33



Additional reporting by Ellen Collis, Maghan McDowell, Erica Prather, Katie Schnack, Geraldine DeRuiter, and Jessica Girdwain

1 DREAM ROOM



"I always fear getting sick of one color or pattern," says designer Lulu deKwiatkowski, who let us peek at her bedroom here. "Mix it up with beautiful sheets, pillows, a bench... and your eyes will never get tired."

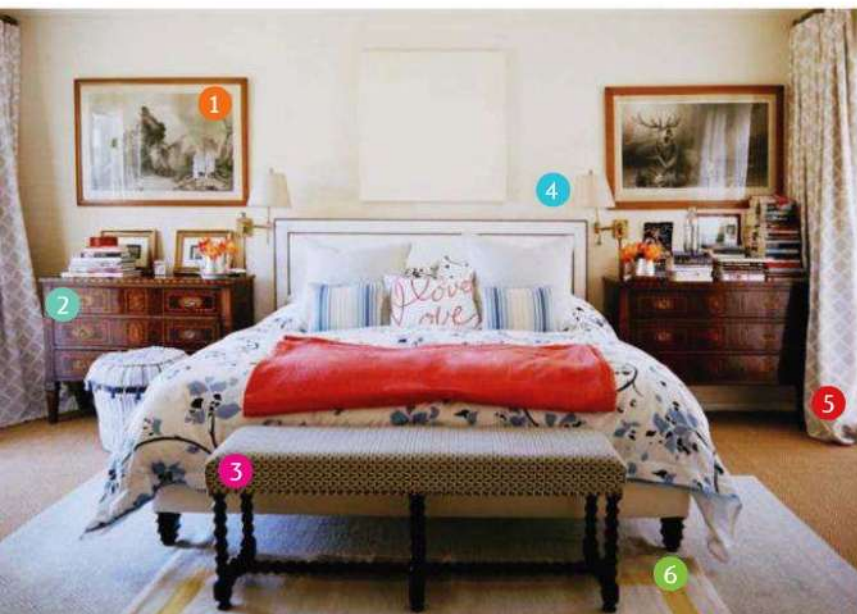
18 REAL IDEAS

Playful rugs, splashy floral fabrics, and fun vintage accents have us dying to kick off our shoes, plop down on this bed, and go, "Ahhh."



Make
your bedroom
look this good...
for less!

DREAM ROOM



DESIGNER TIPS!

- 1 Engraved prints in simple frames add detail without hogging all the attention.
- 2 Instead of the usual bedside tables (you know, the ones with zero storage space), go for two smallish matching dressers you can fill to the brim.
- 3 An upholstered bench is the perfect spot for a touch of contrasting fabric, but here's the real reason you'll love it: Now you have a place to lay out your outfit in the morning.
- 4 Wall-mounted sconces don't take up room on the tables.
- 5 Use double rods on windows to layer sheer and solid draperies—you'll get just the right amount of light. Go long so they gather on the floor for a billowy look.
- 6 Pile soft rugs over sisal for a cushioned landing pad.



Pillows with swirly writing and prints have the same spirit as the covers without being too matchy-matchy. 7 Love pillow by LuluDK for Matouk, \$149; luludkmatouk.com for stores. 8 Holland pillow, \$24; homedecorators.com. **An indoor/outdoor rug** is brilliantly low-maintenance. 9 8.5x11-foot diamond light blue/ivory indoor/outdoor rug, \$495; dashandalbert.com. **The detail on this chest** is beautiful—but you could also scan eBay for actual antiques. 10 Stella chest, \$999; horchow.com. **Add an upholstered bench** with interesting details. We love the subtle stitched stripe on this one. 11 French stripe bench, \$399; potterybarn.com. **A silver cup** is the perfect place for flowers. 12 Julep vase, \$20; jamaligarden.com. **These etchings look like a million bucks** (oops, bad pun), but it turns out they're affordable images from the New York Public Library. 13 30-inch prints from New York Public Library archives, \$125; digitalgallery.nypl.org (enter promo code **red25** for a 25 percent discount). **That little side ottoman** doesn't have to be cushioned; get the same effect with a nicely priced ceramic design. 14 Chinese toile ceramic stool; \$159; wisteria.com. **Change the shades on simple sconces** when you feel like something new. 15 Swing-arm wall light, \$168; shadesoflight.com. **Blue-and-white linens** feel crisp and not overly girly. 16 Tiger lily queen duvet by LuluDK for Matouk, \$345; luludkmatouk.com for stores. 17 Manor hill branches French blue full/queen 3-piece duvet set, \$90; sears.com. **Toss on a bright throw** for a pop of color (a twin-size blanket works great). 18 Dream twin quilt, \$128; garnethill.com.

LET'S SAVE THE PLANET ONE ACRE AT A TIME

What if everyone took responsibility for one small piece of the planet?

Now, you can do your part. When you Adopt an Acre,[®] you help The Nature Conservancy preserve the diversity of life on Earth, in places close to home, and around the world.

To adopt your acre, visit **[nature.org/adopt](https://www.nature.org/adopt)**



The Nature
Conservancy



Protecting nature. Preserving life.™



“My only
preservative is
your freezer.”

With Newman's Own® frozen pizzas, enjoy all-natural toppings, real mozzarella and extra-crispy crust in just 10 minutes. And because they're made without shortcuts or compromises, we can

Let the food speak for itself.

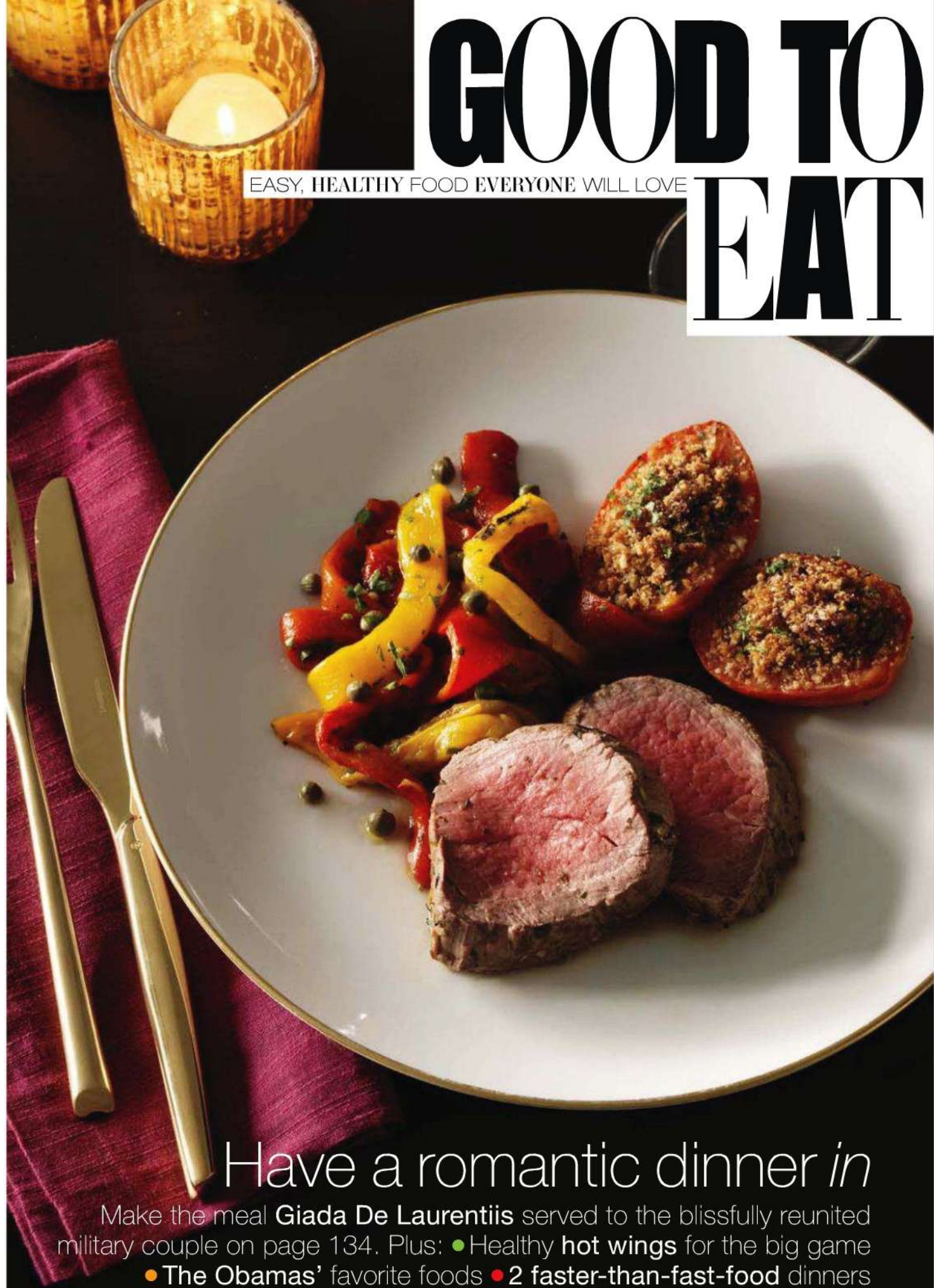


www.newmansown.com/pizza

All Profits To Charity. Newman's Own Foundation continues Paul Newman's commitment to donate all profits to charity. Over \$300 million has been given to thousands of charities since 1982. Learn more about our mission at www.newmansownfoundation.org. © 2010 Newman's Own Inc.

GOOD TO EAT

EASY, HEALTHY FOOD EVERYONE WILL LOVE



Have a romantic dinner *in*

Make the meal **Giada De Laurentiis** served to the blissfully reunited military couple on page 134. Plus: ● Healthy **hot wings** for the big game
● **The Obamas'** favorite foods ● **2 faster-than-fast-food** dinners

♥ After eight months apart, U.S. Air Force Captain Gary Scullin and his wife, Yoko, *really* deserved a date night (the sweetest pictures are on page 134), so Giada De Laurentiis catered it! "When someone says, 'I'm going to make you the most amazing meal,' you feel that person loves you in some special way," the star chef explains. Show your affection with her ultimate decadent menu.

Roasted beef tenderloin with pepper and caper salsa

Prep time: 20 minutes
Cooking time: 25 minutes

Beef

Olive oil cooking spray

- 2 Tbsp extra-virgin olive oil
- 1 Tbsp dried herbes de Provence
- 1 clove garlic, minced

- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1 lb beef tenderloin, trimmed and tied
- Pepper and caper salsa**
- 1 1/2 Tbsp extra-virgin olive oil
- 1 1/2 Tbsp balsamic vinegar
- 2 Tbsp capers, rinsed and drained
- 2 Tbsp chopped fresh flat-leaf parsley

Kosher salt and freshly ground black pepper
6 oz each jarred roasted red and yellow bell peppers, drained and cut lengthwise into 1/2-inch-wide strips

1. Beef: Arrange rack in center of oven; heat oven to 450°F. Spray a small heavy baking sheet with cooking spray. Mix

oil, herbes de Provence, garlic, salt, and pepper in a small bowl to combine; rub beef all over with oil mixture and place on prepared baking sheet.

2. Roast beef, uncovered, 25 minutes or until internal temperature registers 130°F on an instant-read thermometer. Remove from oven; loosely tent with foil. Let rest 10 minutes (the internal temperature will rise to 135°F for medium rare).

3. Salsa: In a small bowl, whisk olive oil, balsamic vinegar, capers, and parsley until combined; season with salt and pepper to taste. Add peppers; toss until coated.

4. Slice beef into 1/2-inch-thick slices; arrange on a platter. Serve with salsa and roasted tomatoes.

Makes 2 servings.

Roasted tomatoes with garlic, gorgonzola, and herbs

Prep time: 5 minutes
Cooking time: 20 minutes

- 2 medium-size firm-ripe plum tomatoes, halved lengthwise

FIRST COURSE
Cheese-stuffed dates with prosciutto

Italian fried olives

SECOND COURSE
Brown-butter risotto with lobster

THIRD COURSE
Roasted beef tenderloin with pepper and caper salsa

Roasted tomatoes with garlic, gorgonzola, and herbs

DESSERT
Chocolate honey almond tarts
Almond crunch brittle

- 2 Tbsp extra-virgin olive oil

- 1 small clove garlic, minced

- 1/8 tsp kosher salt
- 1/8 tsp freshly ground black pepper

- 3 Tbsp plain dried breadcrumbs

- 3 Tbsp finely crumbled gorgonzola cheese

- 1 Tbsp chopped fresh flat-leaf parsley

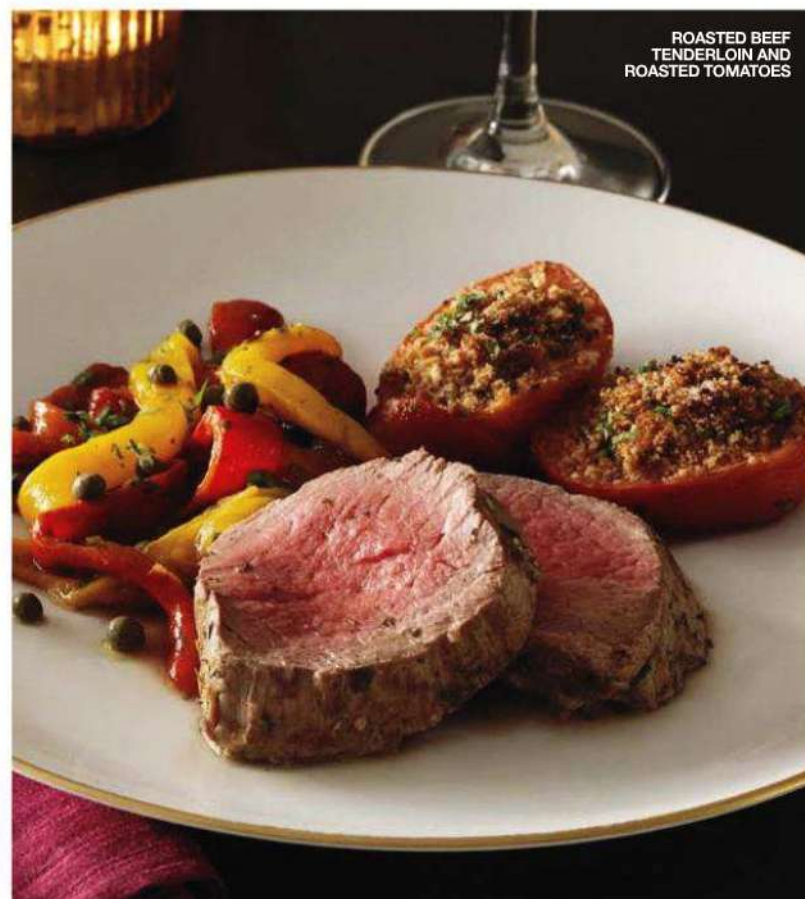
1. Using a teaspoon or grapefruit spoon, remove seeds from tomatoes; place cut side down on paper towels to drain, about 5 minutes.

2. Mix 1 Tbsp of the oil, garlic, salt, and pepper in a small bowl; add tomatoes and gently toss in mixture until coated. Marinate 10 minutes.

3. Combine breadcrumbs and gorgonzola. Place tomatoes, cut side up, on a small baking sheet lined with parchment paper. Fill tomatoes with breadcrumb mixture; drizzle with remaining oil.

4. After beef has roasted for 15 minutes, put tomatoes in the oven next to it and roast 20 minutes or until crumb topping is golden brown and tomatoes are slightly softened. Sprinkle with parsley and serve with beef and salsa.

Makes 2 servings.



ROASTED BEEF TENDERLOIN AND ROASTED TOMATOES

Q: So what exactly
do I feed a super hero?



Life Better Served.™

The simple answer is HORMEL® NATURAL CHOICE® sandwich meat. It has the all-natural great taste they want and the protein power they need – without preservatives. For more ideas, visit hormel.com.

Italian fried olives

*Prep time: 20 minutes
Cooking time: 2 minutes*

- 1 Tbsp crumbled gorgonzola cheese, at room temperature
- 1 Tbsp whole-milk ricotta cheese, at room temperature
- $\frac{1}{2}$ tsp dried thyme
- $\frac{1}{2}$ tsp grated lemon zest
- 10 large green olives, pitted, rinsed, and thoroughly dried
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{4}$ cup plain dried breadcrumbs
- 1 large egg
- Vegetable oil for frying

1. In a small bowl, mash gorgonzola, ricotta, thyme, and lemon zest with a fork until no lumps of gorgonzola remain. Spoon mixture into a small pastry bag fitted with a $\frac{1}{4}$ -inch-round plain tip (or spoon into a plastic 1-quart food storage bag; gather mixture into one corner of the bag and snip off a small opening). Pipe cheese mixture into each olive.

2. Put flour and breadcrumbs on separate pieces of waxed paper. Lightly beat egg in a small bowl. Dredge each olive in flour, then coat in egg; remove olive from egg with a fork, letting excess drip off, then roll in breadcrumbs to coat.

3. Heat $1\frac{1}{2}$ cups of oil in a heavy-bottomed 1-quart saucepan over medium heat, until a deep-frying thermometer registers 350°F. (If you don't have a thermometer, toss in a cube of bread when you start heating the oil; it will brown in about 3 minutes—when it does, the oil is ready.) Fry olives for 30 to 45 seconds each, until golden brown. Drain olives on paper towels. Cool for at least 5 minutes before serving.

Makes 2 servings.



ITALIAN FRIED OLIVES
AND CHEESE-STUFFED
DATES WITH PROSCIUTTO

Cheese-stuffed dates with prosciutto

*Prep time: 15 minutes
Cooking time: 0*

- 2 Tbsp goat cheese, at room temperature
- 2 Tbsp mascarpone cheese, at room temperature

- 2 Tbsp finely chopped fresh basil
- Salt and freshly ground black pepper
- 10 large Medjool dates
- 5 thin slices prosciutto, halved lengthwise

1. In a small bowl, mix together goat cheese,

mascarpone, and basil; season with salt and pepper.

2. With a knife, make a lengthwise incision in each date. Gently open the dates slightly and remove pits. Spoon about 1 tsp of the cheese mixture inside each one. Close

the dates around the filling. Fold a piece of prosciutto in half lengthwise and wrap it around the middle of each date; secure with a toothpick. Arrange stuffed dates on a platter and serve.

Makes 2 servings.

Brown-butter risotto with lobster

Prep time: 30 minutes

Cooking time: 30 minutes

- 1 small frozen lobster tail, thawed
- 2½ cups reduced-sodium chicken stock
- 2 Tbsp unsalted butter, softened
- 2 small shallots, finely chopped
- ½ cup Arborio rice
- 3 Tbsp brandy
- 2 Tbsp freshly grated Parmesan cheese
- 2 Tbsp chopped fresh chives
- Kosher salt and freshly ground black pepper

1. Heat a medium saucepan of salted water to boiling over medium-high heat. Add lobster tail and cook until the shell curls and

the lobster meat turns white, 8 to 10 minutes. Drain and cool for 15 minutes. Using kitchen scissors, cut through the top of the shell lengthwise. Remove lobster meat; slice crosswise into ½-inch pieces.

2. In a medium saucepan, heat chicken stock to boiling; keep hot over low heat.

3. In a 2½-quart saucepan, melt 1 Tbsp of the butter over medium heat. Cook until butter begins to foam and turns brown, 1 to 1½ minutes. Add shallots and cook, stirring until tender, 2 to 3 minutes. Stir in rice until coated with butter. Add brandy and simmer, stirring, until almost evaporated, about 1 minute. Add ¼ cup of stock and stir



BROWN-BUTTER
RISOTTO WITH
LOBSTER

until almost completely absorbed, about 1½ minutes.

3. Continue adding stock, ¼ cup at a time, stirring constantly and allowing each batch to absorb before pouring

in the next. Cook until rice is tender but still firm to the bite, 15 to 20 minutes total. Remove from heat; stir in Parmesan, remaining butter, and 1½ tsp of the chives; season with salt

and pepper to taste.

4. Transfer risotto to two serving plates. Arrange reserved lobster on top and garnish with remaining chives.

Makes 2 servings.



New Maxwell House International

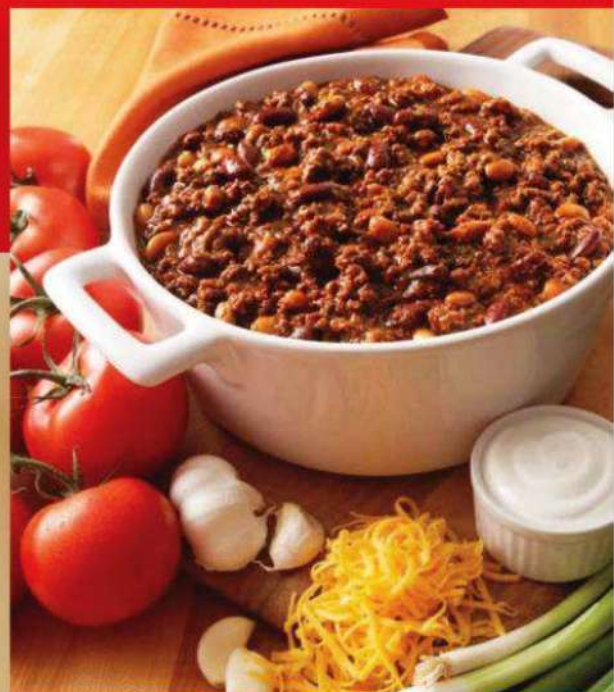
Toasted Hazelnut Cappuccino.

STOP YOUR WORLD.





Live deliciously[®]



30% less sodium

100% flavor

0% leftovers

Real Food Made Easy.[™]

**30% LESS
SODIUM**

Sacrifice flavor for less sodium? Not with McCormick[®] Less Sodium Seasoning Mixes. From Brown Gravy to Taco to Chili, you get all the mouthwatering flavor without all the sodium. Just combine your own fresh ingredients with McCormick Seasoning Mixes for three more ways to make your meals delicious. Real Food Made Easy.[™]

For more great-tasting recipes, visit mccormick.com or call 1-800-MEAL-TIPS



©2010 McCormick & Co., Inc.

DINNER FOR TWO



CHOCOLATE
HONEY ALMOND
TARTS WITH
ALMOND BRITTLE

Chocolate honey almond tarts

Prep time: 10 minutes
Cooking time: 10 minutes

- 3 whole chocolate graham crackers (6 squares); see note

- 1 Tbsp slivered almonds
- 2 Tbsp unsalted butter, softened, plus extra for greasing pans
- 1/2 cup heavy cream
- 1 Tbsp honey
- 1 cup (6 oz) semisweet chocolate chips

Almond crunch brittle (recipe follows)

1. Heat oven to 350°F. Butter the bottom and sides of two 4-inch-diameter round or heart-shaped springform pans. Process graham

crackers and almonds in a food processor until the mixture forms fine crumbs. Add butter; pulse until incorporated. Press into bottoms of prepared pans. Bake 10 minutes, until crusts are set; let cool on a wire rack.

2. Whisk heavy cream and honey in a 2-cup glass measure until blended; microwave on high 1 to 2 minutes until mixture is simmering. Add chocolate; let stand 1 minute, then stir until mixture is smooth. Pour mixture over prepared crusts; smooth tops. Refrigerate at least 3 hours (preferably overnight).
3. Loosen tarts from sides of pans by running a knife around the edges. Remove sides of pans and transfer tarts to dessert plates. Top with pieces of almond crunch brittle and serve.

Note: If chocolate graham crackers are not available, substitute with honey graham crackers and add 1 Tbsp unsweetened cocoa powder when

processing crackers into fine crumbs.

Makes 2 servings.

Almond crunch brittle

Prep time: 5 minutes
Cooking time: 10 minutes

- 1/3 cup slivered almonds, toasted

- 1/2 cup sugar

- 1/4 cup water

1. Line a rimmed baking sheet with parchment paper. Arrange toasted almonds in a single layer on prepared sheet.

2. In a 1-quart saucepan, combine sugar and water over medium-high heat, stirring until sugar is dissolved. Bring to a boil and cook until mixture turns a light golden brown, 6 to 8 minutes.

3. Let the bubbles subside, then pour caramelized sugar over nuts. Cool 5 minutes, then refrigerate until hard, about 30 minutes.

4. Once mixture has hardened, top with another piece of parchment and pound into small pieces. Store in an airtight container at room temperature.

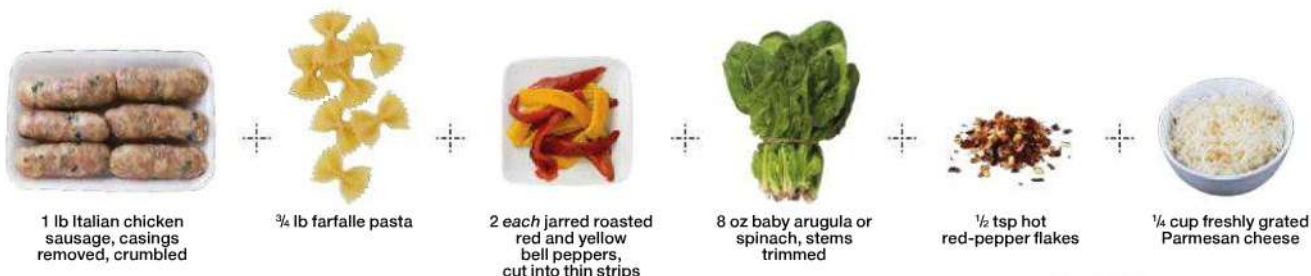
\$3 per serving. Tastes like a million bucks.

For more low-cost, high-flavor meal ideas, visit mccormick.com/value



†Except that which occurs naturally in yeast extract and hydrolyzed vegetable proteins.

Take the chicken-sausage shortcut. Crumble it into pasta or grill it on a skewer, then spend all the time you saved lingering over these yummy dinners.

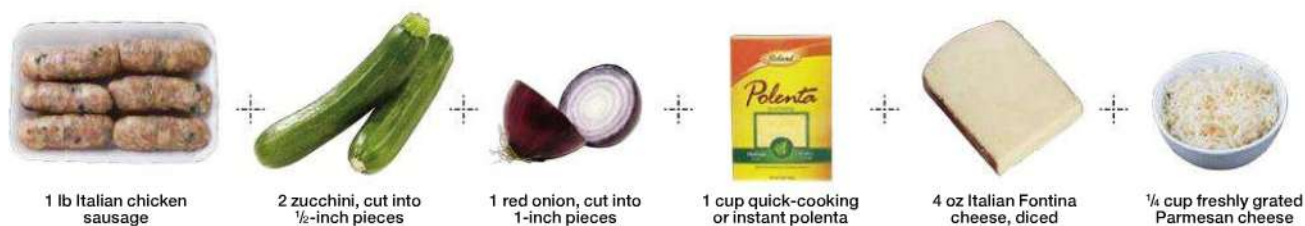


Farfalle with sausage, roasted peppers, and arugula

1. Heat a large pot of salted water to boiling. Cook pasta according to package directions, until pasta is al dente.
2. Meanwhile, in a large skillet, heat 1 Tbsp olive oil over medium heat. Add sausage and cook until meat is no longer pink, about 4 minutes. Add bell peppers, stirring to combine. Add arugula in batches, stirring until each batch is wilted before adding the next.
3. Drain pasta, reserving 1 cup of the pasta water. Return pasta to pot and add sausage mixture, hot red pepper flakes, and some of the pasta water, tossing to combine.
4. Divide among 4 serving bowls; sprinkle with Parmesan cheese.

Makes 4 servings.

Each serving: 538 cal, 12g fat, 39g protein, 67g carb



Chicken sausage skewers with cheesy polenta

1. Place sausages in a medium nonstick skillet; add about 1/2 inch of water. Cover and cook over medium heat until sausage firms up, 2 to 3 minutes. Remove from skillet; cut into big chunks.
2. Thread sausage, zucchini, and onion pieces alternately onto four (12-inch) skewers. Brush skewers with olive oil.
3. Grill skewers on a nonstick grill pan over medium-high heat, frequently turning and brushing with olive oil, for 10 minutes or until sausage is cooked through.
4. Meanwhile, in a large saucepan, heat 3 cups of water to boiling. Gradually whisk in polenta, 1 tsp kosher salt, and 1/4 tsp freshly ground pepper. Cook, whisking frequently, for 2 to 3 minutes or until thick and smooth. Remove from heat. Stir in cheeses and 2 Tbsp butter. Spoon onto plates; top with skewers.

Makes 4 servings.

Each serving: 516 cal, 21g fat, 36g protein, 43g carb

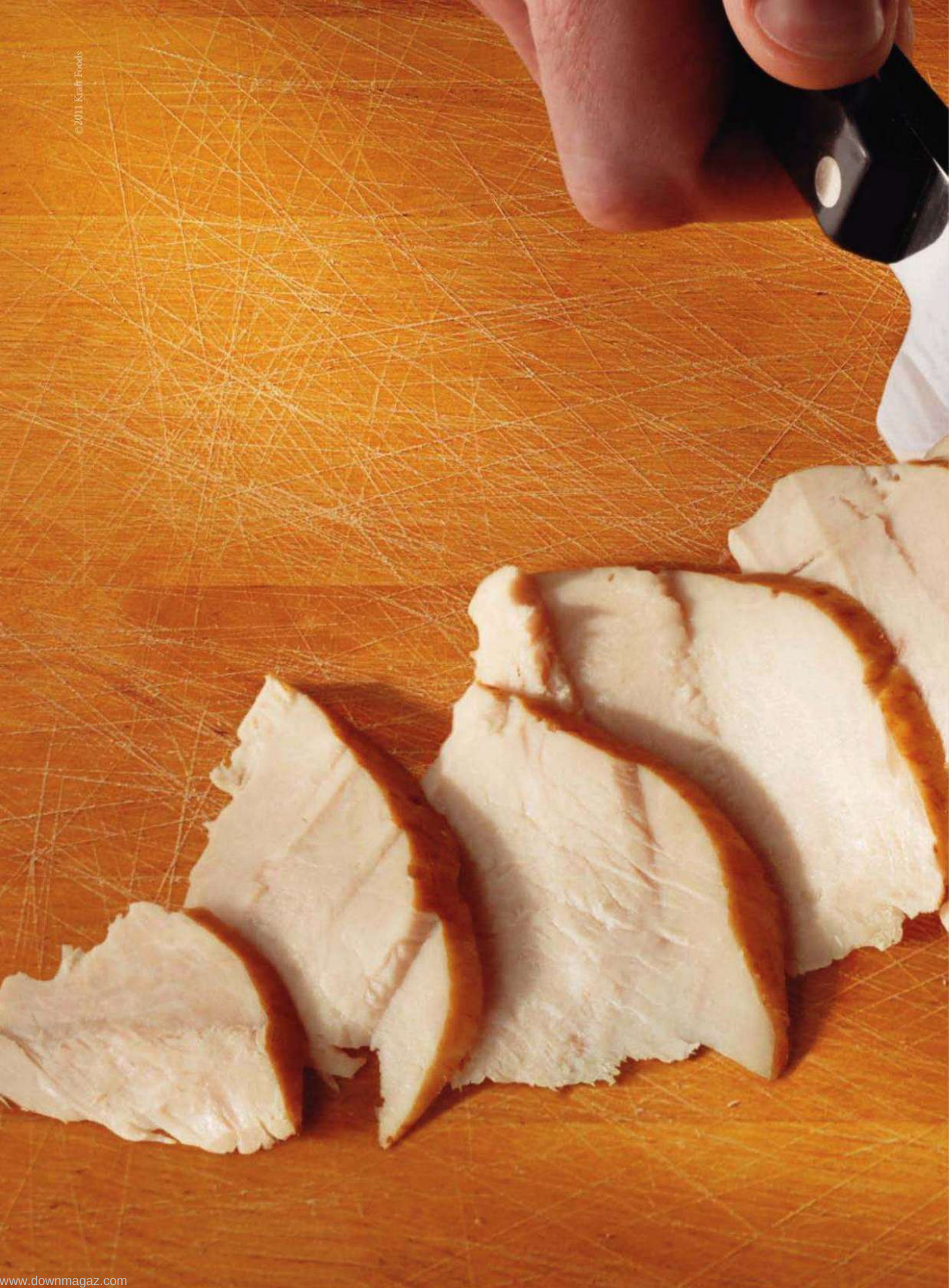
—RECIPES BY BARBARA CHERNETZ





Milk's Favorite Valentine.

Share your Oreo moment with us, and we'll share it with the world. [Facebook.com/oreo](https://www.facebook.com/oreo).





New!

Oscar Mayer

CARVING BOARD

OVEN ROASTED
TURKEY BREAST
BROWNED WITH CARAMEL COLOR

Only from

Oscar Mayer

You can—and should—eat buffalo wings! Because you love them, it's Super Bowl time, and ours taste as good as Chili's, with half the calories.



HOT AND HEAVY Chili's appetizer weighs in at more than twice the calories and triple the fat of our version. Penalty!

Chili's Boneless Buffalo Wings
1,170 CALORIES
72 grams of fat

WAIT! DON'T ORDER THIS...

REDBOOK's boneless buffalo chicken

Blue-cheese dressing

- $\frac{2}{3}$ cup reduced-fat sour cream
- 2 Tbsp light mayonnaise
- 2 Tbsp cider vinegar
- 6 Tbsp crumbled blue cheese

Chicken

- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{4}$ cup whole-wheat breadcrumbs
- 2 tsp each cayenne pepper and salt
- 2 whites from large eggs
- 6 Tbsp hot red pepper sauce (such as Frank's or Tabasco)
- $1\frac{1}{2}$ lb boneless chicken tenders, cut into 40 pieces
- 2 Tbsp canola oil
- 2 tsp unsalted butter
- Celery and carrot sticks

- 1.** In a small bowl, combine all dressing ingredients; set aside.
- 2.** In a pie plate or shallow dish, combine flour, breadcrumbs, cayenne, and salt. In a separate bowl, beat egg whites and 1 Tbsp of the red pepper sauce.
- 3.** Dip chicken tenders in egg mixture, then in flour mixture to coat.
- 4.** In a large nonstick skillet, heat 1 Tbsp of the oil over medium-high heat. Add half the chicken and cook, stirring often, until browned, 4 to 5 minutes. Remove chicken from skillet, set aside, and cover loosely with foil to keep warm. Add remaining oil to pan and cook the rest of the chicken.
- 5.** In a large, microwave-safe bowl, heat remaining hot sauce and butter until melted; add cooked chicken to bowl, tossing to coat. Serve with dressing and celery and carrot sticks.

Makes 4 entrée or 8 appetizer servings.
Each entrée serving: 552 cal, 24g fat, 46g protein, 38g carb



Restaurant redo
ONLY 552 CALORIES
24 grams of fat

MAKE IT HEALTHIER AT HOME!

HI-TECH PHARMACEUTICALS, INC.

FASTIN[®]



The World's Most Advanced Weight Loss Aid Ever Developed!†

Revolutionary Fat Mobilizer†

BURN CALORIES†



- Revolutionary Diet Aid Unlike Anything Else on the Market!†
- Novel Fat Burner That is Taking the Industry By Storm!†
- Elevates Mood, Promotes Extreme Energy and Curbs the Appetite!†
- Quickly Becoming Millions of Americans' "Fat Burner of Choice"!†

Revolutionary Fat Mobilizer†



**OVER 100 MILLION DOSAGES
SOLD! TRY FASTIN[®] TODAY-
LOSE WEIGHT, FEEL GREAT!†**

EXTREME FAT BURNER†

EXTREME FAT BURNER†

"As a Weight Loss Physician I am proud to join Hi-Tech Pharmaceuticals in bringing you a Truly Extraordinary Weight Loss Product. I believe Fastin[®] is the Gold Standard by which all Fat Burners should be judged. Fastin[®] is unlike anything you have ever tried before and will help you lose weight!"† Dr. Mark Wright - Bariatric (Weight Loss) Physician

**To order call 1.888.855.7919 or visit www.hitechpharma.com,
www.fastin.com, or www.fastin.net**

Available at:



†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. This product should not be used in place of or as a substitute for recommendations by your healthcare professional. No clinical study has been performed on Fastin[®]. These statements specifically refer to the active ingredients: Acacia rigidula, Synephrine, Theobromine, 1,3 Trimethyl xanthine, Phenylethylamine and Yohimbine. **WARNING:** This product can raise blood pressure and interfere with other drugs that you may be taking. Talk to your doctor about this product.

How to say “I ♥ you”

February 14 isn't just about your guy—don't forget the little people! Make this easy dessert (or, what the heck, breakfast) so your kids feel the love too.



A recipe for her kids (above) and yours, from Lauren Chattman, author of *Mom's Big Book of Baking*.

Chocolate waffle sundaes *Prep time: 10 minutes | Cooking time: 7 minutes*

RASPBERRY SAUCE

- 1 (12-oz) bag frozen raspberries, thawed
- $\frac{1}{4}$ cup granulated sugar
- 1 tsp fresh lemon juice

WAFFLES

- 3 oz bittersweet chocolate, finely chopped
- 4 Tbsp unsalted butter, cut into pieces
- $\frac{1}{2}$ cup granulated sugar

- 2 large eggs
- 1 tsp pure vanilla extract
- $\frac{1}{4}$ cup milk
- 6 Tbsp all-purpose flour
- 2 Tbsp unsweetened cocoa powder
- $\frac{1}{2}$ tsp baking powder
- Pinch of salt
- $\frac{1}{2}$ pint vanilla ice cream
- Fresh raspberries, for garnish

1. Sauce: Puree raspberries, sugar, and lemon juice in a blender or food processor. Press through a fine sieve into a measuring cup.

2. Waffles: Heat a Belgian waffle iron according to manufacturer's instructions.

3. Combine chocolate and butter in a microwave-safe bowl and microwave on high until just melted, 1 to 2 minutes; whisk until smooth.

4. In a large bowl, whisk sugar, eggs, vanilla, and milk. Whisk in melted chocolate mixture. Stir in flour, cocoa powder, baking powder, and salt until smooth.

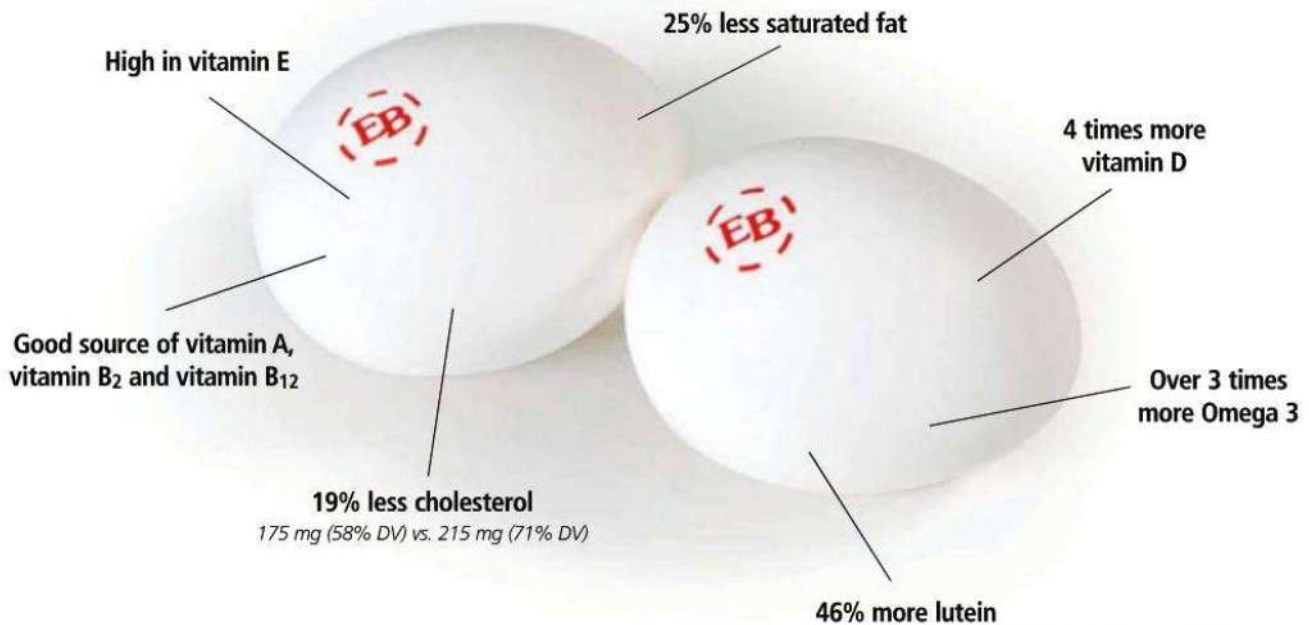
5. Ladle batter into waffle iron. Cook until waffles are firm and baked through, 3 to 5 minutes, depending on your machine. Carefully transfer cooked waffles to a cutting board. Cut out heart shapes with a 4-inch heart-shaped cookie cutter. Place each waffle on a serving plate, top with a scoop of ice cream, then drizzle with some raspberry sauce and fresh raspberries. Serve immediately.

Makes 4 servings.



THE **BEST** NUTRITION JUST GOT BETTER.™

Compared to ordinary eggs:



Announcing some eggciting news:

Eggland's Best now provides even better nutrition for your family. Compared to ordinary eggs, EBs deliver even higher levels of important nutrients like vitamins A, D and E. Along with lower levels of saturated fat and cholesterol. All this, combined with their delicious, farm-fresh taste, is why Eggland's Best continues to stand for the very best in quality and value for your family.



**EGG-LAND'S
BEST**



www.egglandsbest.com

THE BETTER EGG

Better taste. Better nutrition.
Better eggs.



Mfr. Coupon Expires 6/30/11

www.egglandsbest.com



Eggland's Best



Eggland's Best Organic



Eggland's Best Cage Free

**Save
50¢**

Any Variety of
Eggland's Best Eggs

0715141-034706



RETAILER: Eggland's Best, Inc., will reimburse you face value of coupon plus 8¢ if submitted in compliance with our redemption policy, available upon request. Cash value 1/100¢. Mail to: EGG-LAND'S BEST, INC., P.O. BOX 880235, EL PASO, TX 78858-0235. Void if copied, prohibited, restricted, or transferred prior to redemption. One coupon per purchase. ©2011 EGG-LAND'S BEST, INC.

5 15141 10150 4





100% GOOD FOR YOU

FEBRUARY'S SUPERFOOD: **GRAPEFRUIT**

Let go of your grudge against grapefruit, left over from those crazy high school diets. Slice one in half, drizzle with a teaspoon of honey, and it'll win you over instantly. To segment the fruit, try this technique from dietitian Jackie Newgent: Cut a half inch off the top and bottom of the grapefruit, stand it on a cutting board, and slice away the peel and white pith. Then cut along the membranes to the center of the fruit to remove each segment. It's worth it: Each 100-calorie fruit contains about a day's worth of immunity-boosting vitamin C, plus cholesterol-lowering fiber. —NICOLE YORIO



WE CAN'T STOP EATING...

**Naturally Nora's
Fantastic Fudgy Brownies**

There's nothing quicker than premade brownie mix when you

need a dessert to bring to your kid's bake sale (or just crave chocolate!). But unlike most mixes, these yummys don't have any preservatives or artificial ingredients. Our staff loved that they were "moist on the inside but flaky on top." And you can't argue with the oh-so-simple ingredient list: It has only seven items (sugar, flour, cocoa, confectioners' sugar, vanilla, salt, and baking soda)—compared with 12 (including partially hydrogenated soybean oil) in another national brand.

ONE LESS THING TO WORRY ABOUT:

Frozen **veggies** are
as good as fresh!

It's 6 p.m., the kids are hungry, you're exhausted, and the only vegetables in your house are in the freezer. Serve 'em up and hold the guilt, says Joanna Dolgoff, M.D., author of *Red Light, Green Light, Eat Right!* **Not only do frozen veggies save you cash and time (no chopping or prep!), they also may deliver more vitamins than fresh produce.**

Research has shown that fresh vegetables can have fewer nutrients than ones from the freezer aisle. "Nutrient levels drop during shipping and as produce sits in your refrigerator," Dolgoff says. But when produce is flash-frozen at its peak, it retains more of its vitamins and flavor. Easier *and* still good for you? Win-win! —SARAH JIO

Crunch time: Eating walnuts daily helps prevent stress-induced blood-pressure spikes, notes new research from Pennsylvania State University.

“It gets you clean while helping
to keep your hands clean.”

QUILTED
NORTHERN
Soft & Strong



Hear what Carmen has to say
about Quilted Northern Soft & Strong®



Download the app at getScanLife.com



Ready for some straight talk about toilet paper and getting clean? New Quilted Northern Soft & Strong is **50% stronger***. It now holds up better. While you clean, it helps your hands stay clean. Satisfaction guaranteed. Or your money back. See details at quiltednorthern.com. Want to talk more? Join us at [facebook/quiltednorthern](https://facebook.com/quiltednorthern).

For A Confident Clean.

GP Georgia-Pacific ©2010 Georgia-Pacific Consumer Products LP. All rights reserved.

*When wet.

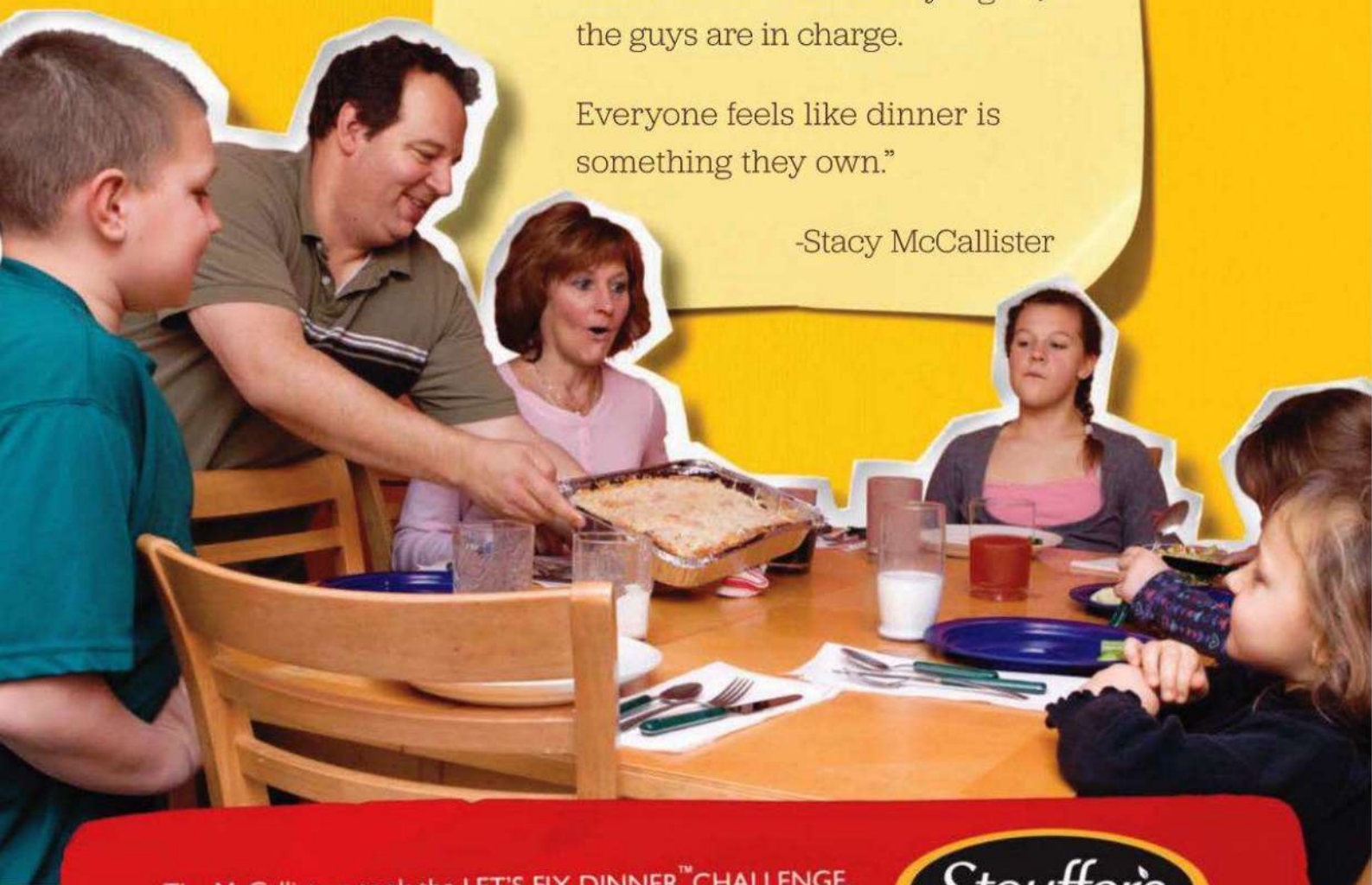
Quilted Northern Soft & Strong, Q Design, Wavy Diamond Design, Double Hearts and Flowers emboss, and the Georgia-Pacific logo are trademarks owned by or licensed to Georgia-Pacific Consumer Products LP. Send original receipt, product UPC and reason for dissatisfaction to P.O. Box 6001, Morton Grove, IL 60053. Must be postmarked by 8/24/2011. Go to www.quiltednorthern.com for complete refund details.

Having a real family dinner isn't impossible. You just **need a little help.**

"With our busy schedules, the only way we can share dinner as a family is if everyone pitches in. The youngest kids set the table, my daughter makes the salad and on Wednesday nights, the guys are in charge.

Everyone feels like dinner is something they own."

-Stacy McCallister



The McCallisters took the LET'S FIX DINNER™ CHALLENGE.
See what happened and share your story at letsfixdinner.com



All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

 **Nestlé**
Good Food. Good Life

100% GOOD FOR YOU



HUNGRY GIRL'S FOOD FIX

Smart ways to snack at the movies

Is it just us, or do the movie previews look so much better when you're munching on something yummy? It's allowed with these hints from Hungry Girl Lisa Lillien.

ALWAYS share, share, share! Most of the boxes of candy at the theater contain multiple servings, so split one with your movie-mate. And don't assume packages that say "fat-free" are always the best choice: A 5.5-ounce movie-size package of fat-free Red Vines has more calories (550) than a Big Mac! Instead, look for the smaller 3-ounce boxes of low-cal candies, such as Sour Patch Kids or Sno-Caps—each of those has around 350 calories.



NEVER say yes to butter on your popcorn. It's already popped in oil and doused with salt, so it hardly needs "buttery topping" to be indulgent. A large buttered popcorn at the average theater can pack anywhere between 850 and 1,500 calories and up to 130 grams of fat! If you must have popcorn to make your movie experience complete, split a small unbuttered order (about 200 calories and 15g fat for half).



ALWAYS choose a sugar-free drink. A large regular soda (which can be 48 ounces or more) has about 600 calories and the equivalent of 30 teaspoons of sugar. So choose diet soda—or better yet, snag a bottle of water.



NEVER get the nachos. Admit it: They're usually not as good as you think they're going to be, and—surprise, surprise—that little tub of waxy cheese and stale chips packs as many as 1,200 calories.



CONSIDER bringing your own snacks. If you find it too hard to resist the choices at the concession stand, pack your own. Bring a big enough purse and you can smuggle a 100-calorie bag of microwave popcorn, a small bag of nuts, or a couple of lollipops. Then stop worrying about calories and enjoy the movie—that's what you're there for, after all!



For even more stay-slim eating advice, visit hungry-girl.com.



A favorite
that gets
everyone
to the table.

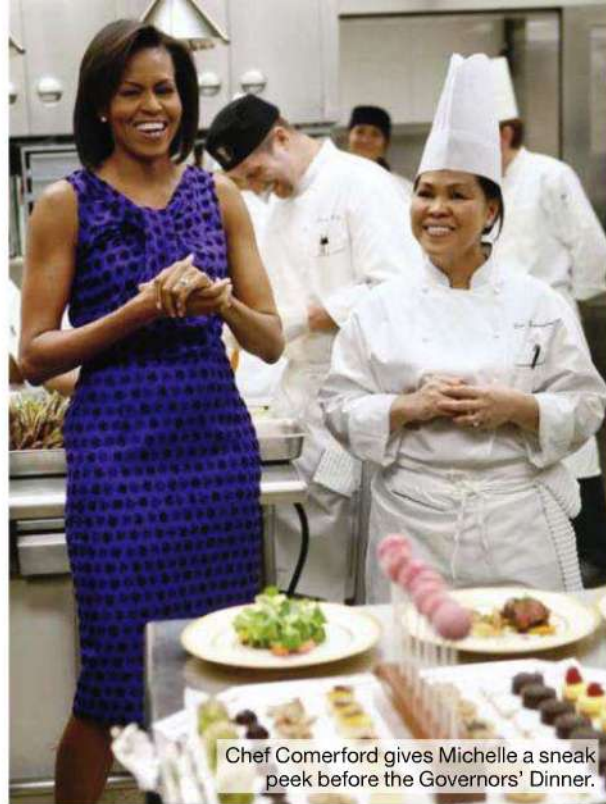


All trademarks are owned by
Société des Produits Nestlé
S.A., Vevey, Switzerland

 **Nestlé**
Good Food. Good Life

The White House chef

What's for dinner at 1600 Pennsylvania Ave.? Whatever White House executive chef **Cris Comerford** says, because Michelle's way too busy to plan meals. Find out how she keeps foreign leaders and the First Family well fed.



Chef Comerford gives Michelle a sneak peek before the Governors' Dinner.



"At home, my daughter gets out the eggs and bowls and does all the measuring."



"My White House rule: Don't toss food. Leftover chicken turns into a lunch sandwich."



"One of the most ambitious things I've ever made at the White House was for last fall's Halloween party. I wrapped sausage in pastry to look like fingers. They looked so real!"

Peace talks should happen over dinner. Food is one of the only things on the planet that unites people. I'm not a policy maker, but what I cook for the president of South Korea or Afghanistan or the G-20 labor leaders can help set the mood for everything else.

Watch what you eat—your children do. I'm participating in Michelle Obama's Chefs Move to Schools program to teach kids how to make healthier choices, and I'm realizing that they really do make the same decisions as their parents. My husband and I eat more vegetables than ever now to set an example for our 9-year-old daughter, Danielle. You have to walk the walk.

You gotta be organized. The White House kitchen is smaller than some home kitchens—it's only 590 square feet! So cooking in it is like following intricate ballet choreography. All our ingredients are organized in a way that's efficient and accessible. One thing I can't control: the convection-oven door. It always sticks, so when the food is done, I have to yank as hard as I can. I'm at its mercy.

Never mind the President; children are the most intimidating people to cook for. They're blunt and honest. My daughter tells me she prefers Daddy's spaghetti sauce over mine!

The best meals are a melting pot. My husband is Irish-American and I'm Filipino. I add his favorites—cabbage and potatoes—to my traditional Filipino chicken soup, and it works! [Go to redbookmag.com/whchef for the recipe.] —AS TOLD TO NICOLE YORIO



"No kid is exempt from cleaning up. Sasha and Malia clear their own places after dinner and put their dishes in the sink."



"One of the Obamas' favorite dishes is rockfish from the Chesapeake Bay. We grill it with olive oil, salt, and pepper."

I COULDN'T COOK WITHOUT:

MY PASTRY BRUSH



"I brush olive oil onto a pan so the food won't stick—it saves calories."

GARLIC



"It's a Filipino staple. We go through 30 heads a month!"

WHEAT BERRIES



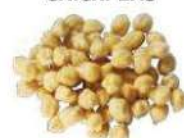
"I fold them into pizza dough to make it healthier, or I sprinkle them on my oatmeal."

WHOLE-GRAIN PASTA



"I always keep a box in the pantry to whip up a quick meal for my daughter."

CHICKPEAS



"I puree them with garlic, lemon, and tahini to make hummus."



ADD A LITTLE JAZZ TO YOUR DINNER LINEUP.



From side dishes to dinner mixes, Zatarain's is the perfect way to bring all the fun and flavor of New Orleans to any meal.

 **ZATARAIN'S**
A New Orleans Tradition • Since 1889
zatarains.com

JAMBALAYA • RED BEANS AND RICE • DIRTY RICE • YELLOW RICE • SPANISH RICE • RICE PILAF • CHEDDAR BROCCOLI • BEEF • CHICKEN

What You Want

winter solutions



Simple And Unique Handstamped Jewelry

Custom made with any names or dates using sterling silver, birthstone crystals and freshwater pearls! Use code RB10 for 10% off! thevintagepearl.com or 918-935-2731

Ringing Ears? Blurry Vision?

America's #1 Selling Tinnitus Product — homeopathic *Ring Relief*® Ear Drops and Dual Delivery Caplets relieve ringing, buzzing or unexplained noises in ears. *Ring Relief* sold at CVS, Duane Reade, Meijer, Walgreens, Walmart Supercenters. *Blur Relief*®



Eye Drops help blurriness (Presbyopia), dry/red irritated eyes, night vision. *Blur* available at Walgreens. 1-888-969-6855; www.TRPCcompany.com

Crazy Good Immune Support

Vitafusion® *Power C*™ packs the vitamin C of 10 tangerines in each gummy serving. Made with award-winning taste and natural colors and flavors. It's time to enjoy your vitamins™. Available at fine retailers. nnpvitamins.com



Fiber Gummies — A Fiber-Packed Taste Sensation

Vitafusion® *Fiber Gummies* contain more than just amazing, one-of-a-kind, award-winning taste. They're also packed with 5 grams of fiber — that's more than any other leading brand! With natural colors & flavors, *Vitafusion*® *Fiber Gummies* make it easy to enjoy your fiber. Available at fine retailers. enjoyyourfiber.com



So Smooth!

For Hands, Feet, Elbows, Knees and Everything In Between! *Udderly Smooth*® *Udder Cream* and *Shea Butter Foot Cream* are moisture-rich with a light, fresh fragrance to soothe dry, thirsty skin. Excellent therapy for dry, chapped or cracked skin and is professionally recommended for Oncology and Diabetic skin care. UdderlySmooth.com



SHOP THE ISSUE

ALL THE TRICKS FOR GORGEOUS HAIRCOLOR

PAGE 54: Bumble and bumble Quenching *Masque*, \$36; bumbleandbumble.com. Bed Head Colour Combat Colour Goddess *Shampoo*, \$16.95; tigi-haircare.com for salon locator.

PRETTY SMART

PAGE 56: Amala Aroma Apothecary Rose *Room Linen Mist*, \$24; amalabeauty.com. Pür Minerals *Exotic Rocks Trio*, \$28; purminerals.com. OPI *nail lacquer*, \$8.50; opi.com for salons. Clinique Chubby Stick Moisturizing *Lip Colour Balm*, \$15; clinique.com. Votre Vu Champagne Kisses Enhancing *Lip Balm*, \$29; votrevu.com. Sephora Smart Dual Action *Exfoliator*, \$24; Sephora, sephora.com.

BEAUTY CALL

PAGE 58: Giorgio Armani Luminous Silk *Foundation*, \$59; giorgioarmanibeauty-usa.com. Julie Hewett *Powder Blush*, \$24; juliehewett.net. The Original Moroccan Oil *Treatment*, \$40.80; moroccanoil.com. SalonTech Silicone 450 *flat iron*, \$200; salontech.com. Lands' End *gloves*, \$26.50; landsend.com.

BEAUTY CONFESSIONS

PAGE 60: Smashbox Limitless *Eye Liner*, \$19; smashbox.com. Benefit Creaseless Cream *Shadow/Liner*, \$19; sephora.com. Clé de Peau *Concealer*, \$70; Bergdorf Goodman, Barneys, Neiman Marcus, Saks Fifth Avenue. Hermès Iris Ukiyoé Eau de Toilette natural *spray*, \$235; usa.hermes.com.

Q & TRIPLE A

PAGE 62: Mustela Specific Support Bust *cream*, \$27; mustelausa.com for retailers. Soma Intimates Essence Holly *Bra*, \$42; soma.com. Pure Style Girlfriends Bump-A-Cup *inserts*, \$29.99; purestyle-girlfriends.com.

NOW...RELAX

PAGE 126: The Hotels.com promo code REDBOOK10 is valid for the first 5,000 users. See Hotels.com terms and conditions for further details.

HIS KIND OF FASHION STORY

PAGE 136: Smitten *top*, \$158; smittennyc.com. J.Crew *sweatpants*, \$49.50; jcrew.com. Delicate Raymond "Coco Baguette Coco" *bracelet* (worn as necklace), \$89; delicateraymond.com. Nicky Hilton *ring*, \$90; endless.com. **PAGE 138:** Mackage *dress*, \$425; mackage.com. Kors Michael Kors "Sasha" *heels*,

\$225; select Michael Kors Lifestyle stores, 866-709-5677. Jane Basch *necklace*, \$135; janebasch.com. Sarah Chloe *bangles*, starting at \$129; sarahchloe.com.

PAGE 139: Andrew Marc "Harmony" *jacket*, \$495; andrewmarc.com. Splendid *tank*, \$44; Lester's Clothing Stores of New York, lestersnyc.com. Gap *jeans*, \$70; gap.com. Joe's *belt*, \$78; joesjeans.com. Herndon Heald "Rain Hoops" *earrings*, \$175; herndonheald.com. Sisco Family Jewels *bracelets*, \$40 to \$88 each; siscofamilyjewels.com. **PAGE 140:** White + Warren *cardigan*, \$240; whiteandwarren.com. Charles Henry *tunic*, \$322; Intermix. Ann Taylor *skirt*, \$108; anntaylor.com. Kate Spade *pumps*, \$298; zappos.com. Nicky Hilton *necklace*, \$98; endless.com. Ippolita *necklace*, \$695; ippolita.com. Skagen Denmark *watch*, \$275; skagen.com. Tory Burch Eyewear *glasses*, \$299; Pearle Vision stores. **PAGE 141:** Hanky Panky Peek-a-Book Lana *bra*, \$57, and *hipster*, \$39; hankypanky.com.

PINK VS. RED

PAGES 142-143: "Chess pieces" by Chanel, Estée Lauder, Yves Saint Laurent, and Milani Cosmetics. **PAGE 144:** Make Up For Ever Rouge Artist Intense *lipstick*, \$19; Sephora, sephora.com. Armani Rouge D'Armani *Lipstick*, \$30; giorgioarmani-beauty-usa.com. Nars *Lipstick*, \$24; narscosmetics.com. Chanel Rouge Coco Hydrating Creme *Lip Colour*, \$30; chanel.com. Shiseido Perfect Rouge *Lip Color*, \$25; shiseido.us.com for stores. Chanel Rouge Coco Hydrating Creme *Lip Colour*, \$30; chanel.com. Lancôme Color Design Sensational Effects *Lipcolor*, \$22; lancome-usa.com. Lancôme Le Rouge Absolu Reshaping & Replenishing *LipColour* SPF 15, \$26; lancome-usa.com. **PAGE 145:** Perfect Formula Color *nail polish*, \$15; perfectformulas.com. Estée Lauder Pure Color Long Lasting *Lipstick*, \$24; esteelauder.com. Duri *Nail Color*, \$5; duri.com. Orly *Nail Lacquer*, \$7.50; orlybeauty.com. Bobbi Brown Rich *Lip Color* SPF12, \$22; bobbibrowncosmetics.com. **PAGE 146:** CND Colour *nail polish*, \$9; cnd.com. Mark Lip to be Square *Lip Tint*, \$7; meetmark.com. Estée Lauder Pure *Color Gloss*, \$20; esteelauder.com. **PAGE 147:** (Pink lips) Tarte LipSurgence Natural *Lip Luster*,

\$24; Sephora. Essie **Nail Polish**, \$8; essie.com. (Red lips) Sephora Collection Cream **Lip Stain**, \$12; Sephora, sephora.com. Duri **Nail Polish**, \$4; duricosmetics.com.

Sweepstakes Rules

FREEBIES! SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to redbookmag.com/freebies between 12:01 a.m. ET on January 18, 2011, and 11:59 p.m. ET on February 14, 2011, and complete and submit the entry for the sweepstakes of your choice pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, Puerto Rico, or Canada who has reached the age of majority in his or her state, territory, or province of residence at

time of entry. Void in the Province of Quebec and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at redbookmag.com/freebies.

THE WISH COME TRUE SWEEPSTAKES, A.K.A. THE \$250,000 CASH GIVEAWAY. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to win250k.redbookmag.com and complete and submit the entry form pursuant to the onscreen instructions. Beginning February 1, 2010, at 12:01 a.m. ET through January 31, 2012, at 11:59 p.m. ET. (1) Grand-prize winner will win \$250,000. (24) First-place winners will receive \$1,000 each. (24) Second-place winners will receive \$100 each. Odds of winning depend upon the total number of eligible entries received. Must be 13 years or older and a resident of the 50

United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at win250k.redbookmag.com.

NOW RELAX SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to redbookmag.com/nowrelax between 12:01 a.m. ET on January 18, 2011, and 11:59 p.m. ET on February 28, 2011, and complete and submit the entry form pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, Puerto Rico, or Canada who has reached the age of majority in his or her state, territory, or province of residence at time of entry. Void in the Province of Quebec and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at redbookmag.com/nowrelax.

REDBOOK® (ISSN 0034-2106) is published monthly, 12 times a year, by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019 U.S.A. Frank A. Bennack Jr., Vice Chairman and Chief Executive Officer; Catherine A. Bostron, Secretary; Ronald J. Doerfler, Senior Vice President, Finance and Administration. Hearst Magazines Division: David Carey, President; John P. Loughlin, Executive Vice President and General Manager; John A. Rohan Jr., Vice President and Group Controller. ©2011 by Hearst Communications, Inc. All rights reserved. REDBOOK is a registered trademark of Hearst Communications, Inc. Periodicals postage paid at New York, N.Y., and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement No. 40012499. Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: \$17.97 for one year. Canada and all other countries: \$29.97 for one year. Subscription Services: REDBOOK will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4-6 weeks. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label or an exact copy to Mail Preference Service, P.O. Box 6000, Harlan, IA 51593. For customer service, changes of address, and subscription orders, log on to service.redbookmag.com or write to Customer Service Department, REDBOOK, P.O. Box 6000, Harlan, IA 51593. REDBOOK is not responsible for unsolicited manuscripts or art. Unsolicited manuscripts and photographs will not be returned unless accompanied by return postage and envelope. Canada BN NBR 10231 0943 RT. POSTMASTER: Please send address changes to REDBOOK, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.

SOME THINGS IN LIFE YOU CAN'T CONTROL.



EDIE FALCO STANDS UP TO CANCER.

LOWERING YOUR RISK OF INFECTION DURING CANCER TREATMENT, YOU CAN.

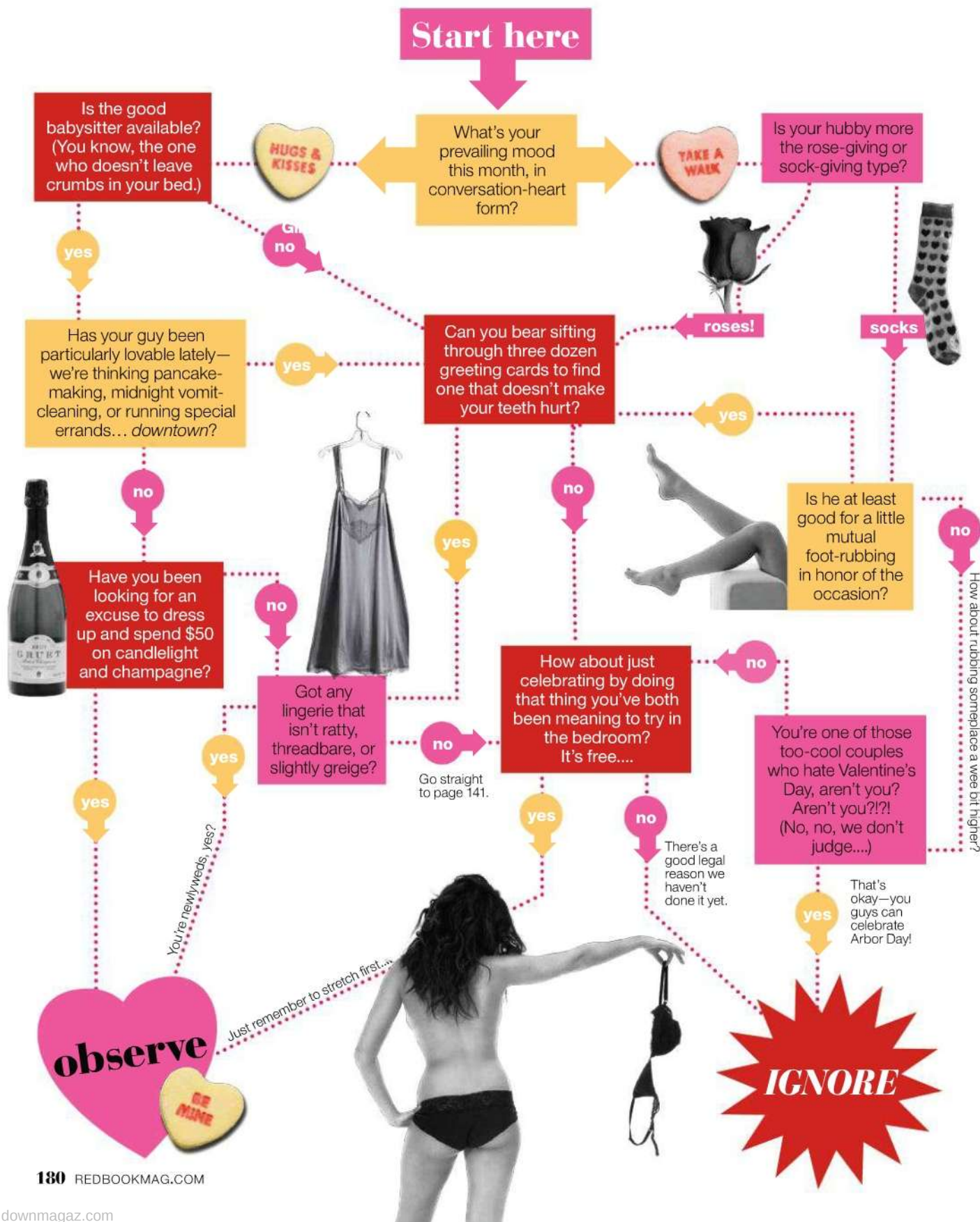
The risk of infection during cancer treatment can be very high. And infections can delay your treatment or stop it altogether. So do everything you can to get healthy, stay healthy, stay strong. Talk to your doctor and go to manageyourtreatment.com right now. Some things you can't control. But this, you can.



Valentine's Day: observe or ignore?

Every year we wonder if the hearts-and-flowers hoopla is worth shaving our legs for. Now we know! By Melissa Daly

Start here



CANDY HEARTS: TOM SCHIERLITZ/GETTY IMAGES. ROSE: ISTOCKPHOTO.COM. SOCK: PETER CADE/GETTY IMAGES. CHAMPAGNE: PHILIP FRIEDMAN/STUDIO D. NIGHTGOWN: THOMAS NORTH/GETTY IMAGES. LEGS: IMAGEMORE CO LTD/GETTY IMAGES. WOMAN HOLDING BRA: JUSTIN HORROCKS/GETTY IMAGES.



there's a better way to get more water. And women who indulge their
tastebuds in delicious Crystal Light drink 20% more of it. **water your body.**

*Comparison based on consumption of tap, bottled, flavored water and prepared powdered beverages from Kantar Worldpanel Beverage Data

OLAY

REGENERIST

*For firmer skin in 5 days,**



this lightweight...IS NO LIGHTWEIGHT.

REGENERIST MICRO-SCULPTING SERUM

For firmer, lifted skin, challenge the need for heavy creams with this lightweight serum from Olay. It goes on surprisingly light yet gives you significantly firmer skin in just 5 days. Pretty heavy lifting for such a lightweight.

*With plumping hydration.

OLAY. CHALLENGE WHAT'S POSSIBLE.™